

Volume 29, No. 5, May 1997

CAROLINA COUNTRY

Official publication of North Carolina's electric cooperatives

**Your North Carolina
1997 Touring Guide Inside**

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Pages 30-31

An Important Announcement to North Carolina Homeowners with Equity . . .

What Would You Do With An Extra \$3,600 to \$12,000 per year?

How to Get a Fast Mortgage Loan To Pay Off All Your Bills** (Even If You've Been Turned Down By A Bank Or Mortgage Company)

Rockingham, N.C. - Ray and Becky were frustrated. They'd bought the house 12 years ago and it was five years old when they moved in. Becky laughed out loud when she thought back to that time. Back then it seemed so big and beautiful. But now, 12 years and 3 kids later, the house felt small and run down. The house needed a new roof and her two youngest girls, Emily and Katie, were doubling up in the small 10 x 12 bedroom.

Five years ago, Ray and Becky had a contractor come and talk to them about a new addition. Becky remembered how excited she and Ray both were. They even paid to have the plans drawn up. But that was the year before Ray lost his job at the plant. She poured herself another cup of coffee and recalled how depressed they both were. It was over a year before he got another job. And during that time, they got behind on everything.

No Summer Vacation

They were so strapped for money one summer, they couldn't even take Emily and Katie to the beach for a few days for their annual vacation. Sure they finally got all caught up when Ray went back to work, it took them two years and by that time it had ruined their previously perfect credit record, it was a vicious cycle. You know, getting paid on Friday, sitting down on Saturday to pay bills and running out of money before all the bills are paid.

"I Hit A Brick Wall"

After they got caught up they tried again to borrow the money for the addition. First they got turned down by the local bank, then a mortgage company in town rejected them. They just kept hitting the same brick wall. Even though Ray had gone back to work in another carpet mill making MORE money, the late payments that showed up on his credit reports scared the local banks and mortgage companies away. Ray felt like he was working JUST to pay his monthly bills and doing nothing for himself, Becky or the kids. Then he ran into Harvest Mortgage Company. Harvest helped him get a loan to pay off all his bills and consolidate everything into one single payment that was \$358 lower than he had been making. That saved him a whopping \$4,296 per year. TAX FREE. In the first year, that was enough money to close in the back porch, AND enough left over for new bikes for the kids.

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Carole Eskew, Sr., V.P.

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2,000	MasterCard	100 ⁰⁰

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Billy and Judy., Columbus

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James and Laurie C.

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(No singlewides, please)

No Ivory Towers

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- Loans for borrowers who want to do additions or remodel their homes.

Check This Out For Free

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CAROLINA COUNTRY

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Read monthly in more
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Volume 29, No. 5, May 1997



Official Publication of
North Carolina's Electric Cooperatives
(800) 662-8835

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 700,000 homes, farms and businesses in North Carolina. The 28 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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CAROLINA COUNTRY

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Carolina
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A special edition
of Carolina Country,
brought to you by North
Carolina's electric cooperatives.

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On the Cover

Touring the Carolina countryside.



Back to the Bases, A Reprise

Published here are two period photographs that David Cecelski hoped to include in his historical photoessay ["Back to

the Bases, 1939-1943," April 1997]. They arrived from the Library of Congress too late for us to include in April's magazine.

Life in a tobacco barn, c. 1941

When the U.S. Army enlarged Fort Bragg in the early 1940s, thousands of construction workers flocked to the Hoke County and Cumberland County area. Local residents did all they could to help house them. These photographs show scenes of life in a tobacco barn converted to workers housing during that time. The woman gazing at a washtub is poised with a box of Insto White Soap Flakes. The man in work clothes, seated at a primitive table and leaning over a carton of Excel Soda Crackers, is flanked by paper sacks containing who knows what, while the planked bed covers a bed of straw. North Carolina historian David Cecelski found these pictures during his research at the Library of Congress. The photographer, Jack Delano, was one of a group of photographers, including Walker Evans and Dorothea Lange, employed during the Great Depression by the Farm Security Administration. The FSA project compiled what is probably the most famous pictorial record of American life in the 1930s. The photos in eastern North Carolina were some of the final ones made before the FSA was absorbed by the Office of War Information in 1942. Approximately 164,000 original FSA negatives, 2,600 Kodachrome transparencies, 75,000 photoprints and some photographers' notebooks were transferred to the Library of Congress in 1944 along with the photo files of the OWI.



Holly Ridge, Onslow County

Joanne Odum, who lives on Holly Ridge Road in Holly Ridge, corrected our reference to the location of her hometown. In his photoessay ["Back to the Bases, 1939-1943," April 1997], David Cecelski wrote of how Camp Davis was built in 1941 covering areas of both Pender and Onslow counties. The town of Holly Ridge, which swelled enormously during that time, is in Onslow County, however, not in Pender. Joanne Odum said her grandmother rented rooms to people who worked at Camp Davis and her aunt ran a laundry there. The base was decommissioned after World War II.

Sam Ragan strikes again

Surry-Yadkin EMC member Mary Columbine of Stokes County called to say how moved she was after reading "Such People Shall Live" by the late Sam Ragan ["Commentary," April 1997]. Mr. Ragan, who later became a revered poet and publisher in Southern Pines, wrote the sketch when he was a young reporter Down East in 1941. The passage describes how 15 black families

set up a church in today's Kellumtown community after the building of Camp Lejeune dislocated them. Historian David Cecelski came across the piece while conducting research.

"This just really touched me," Ms. Columbine said. "It is such a simple scene. I can just feel all over me just what they were feeling, how they needed God in their lives."

What about line loss?

The deregulation mentioned in your article in Carolina Country is puzzling to me ["Down the Line," March 1997]. Why would it be practical to purchase electricity from a distant generation plant? Would not the savings be negated by the line loss? Since the EMCs purchase power wholesale, would they be able to have less expensive power from a lower cost generation plan? As a member of an EMC and a stockholder in electric utility companies, it is of interest to me to learn of the ramifications.

Robert F. Borgman
Candler

Our Power Supply Division responds:

Deregulation of the electric power industry has allowed wholesale purchasers such as North Carolina Electric Membership Corporation (the state power supply cooperative for North Carolina's electric co-ops) to obtain its power supplies from electric suppliers other than the traditional local suppliers. It is true that the losses will increase as the distance increases from where the power is actually used. However, since power supplies can be purchased to produce a savings of 25 percent or even greater elsewhere, and since the losses tend to increase the total cost by only 2 to 5 percent, a significant savings will still be realized by utilities such as NCEMC when they take advantage of lower priced supplies.

Congressman Ballenger understands co-op concerns

Carolina Country received a copy of the following letter that Congressman Cass Ballenger sent to a constituent. Mr. Ballenger represents the 10th District of North Carolina, and he has district offices in Hickory and Clemmons.

Thank you for your letter in opposition to H.R. 655, a bill to deregulate the electric power industry, and to support the rural electric cooperatives.

As you know, the 105th Congress will once again take up the issue of introducing competition to the electric utility industry. On February 10, H.R. 655 (the "Electric Consumers Right to Choose Act of 1997") was introduced by Representative Dan Schaefer (R-CO). The so-called Schaefer bill would give consumers the ability to choose their own electric power company, much like we now choose our long-distance phone company. Of course, the issues associated with this matter are much more complicated than this simple choice, and, as a result, I am not fully certain what would be best for the power producers, the consumers and the country. H.R. 655 will likely be considered this Congress, but it is too early to determine when this legislation will be addressed by the full House.

I understand the issues which concern you and cooperatives in general. As always, I will carefully consider all aspects of this issue before voting.

Cass Ballenger
Member of Congress
2182 Rayburn House Office Bldg.
Washington, DC 20515-3310

In a royal blue robe

I thought I saw in one of the copies of Carolina Country a picture of Jesus knocking at a door. It might not have been Carolina Country, but I was thinking it was. The picture shows Jesus wearing a royal blue robe and knocking at a door. My mother had a picture like it. I would like to have one. I have looked at a Bible bookstore and they only have one showing Jesus in a white robe. Can you find the other one for me?

**Mrs. Wade H. McNeill, 1259 Friendship Baptist Church Rd.,
Jefferson, NC 28640**

Carolina Country did not run this picture, but maybe a reader can help Mrs. McNeill.

In a 1940s song

I have been trying to find a song, but I don't know who wrote it. I know the chorus. I remember singing it in church in the late 1940s. Perhaps a reader can help find it for me. The chorus goes like this. "They crucified My Savior/ they nailed him to the cross. He shed his precious blood on earth/That the world might not be lost. Now I'm not turning backwards/His face I long to see, for Jesus came down to this old world/ and paid the debt for me."

Mrs. Avery Church, 813 Treeland Circle, Lenoir, NC 28645

Correct phone numbers

In the April magazine, we ran incorrect phone numbers for the following places. Here are the correct ones.

Davidson Electric Membership Corporation (page 4): (910) 249-3131.
"Gourmet in a Box" (page 21): (800) 224-4404.

Sculpture Celebration, Caldwell County Arts Council (page 21): (704) 754-2486.

Satisfied in Frisco

In 1996 I opened a pet boarding kennel on Hatteras Island. First, I needed a quick-growing screen because my neighbor, nice as he is, has a backhoe and junk business. I ordered the Austrees as advertised in your magazine, and they are now eight feet high (from two-foot, bare-root sticks) in only eight months.

I have been a member of Cape Hatteras Electric Cooperative since 1987, and your magazine is great. Plus, in 1996, during an ice storm, the co-op workers braved strong and freezing winds and climbed high poles to get my power back on.

Thank you all, and if you are ever on Hatteras Island come by and visit me and the kennel.

Pat Taylor, Frisco

Adjö, Kat

This issue of Carolina Country is the last to be blessed by Katherine Lizbeth Fowler, who has toiled as graphic designer/artist with us since August 1993. She leaves for Örebro, Sweden to join her husband, Josef (an American original), who began working there in March.

Kat's creativity and mastery of graphic design technology have made this magazine sparkle. She is a quiet and thoughtful person by nature, but we've seen her pounce on certain political topics with an awesome passion. We'll miss all of this.

Tack så mycket, Katherine.

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Mrs. Dean Sasser

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For more reasons why today's

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like they'll be busy fixing water heaters.



**North Carolina's
Electric Cooperatives**

Energy To Get Things DoneSM

Serving 1.6 million consumers in 93 North Carolina cooperatives.



More Power to You

Carolina Country this month introduces a new section of the magazine dedicated to news of the changing electric utility industry. Plenty is happening throughout the nation in this business, so we won't be able to cover all the bases. Our focus will be on developments that affect the consumer-members of North Carolina's electric cooperatives. We'll do our best to make our pre-

sentation informative and interesting.

One privilege of cooperative membership is your opportunity to voice an opinion. Feel free to send your comments and ideas to your electric cooperative, or directly to us at Carolina Country, P.O. Box 27306, Raleigh, NC 27611. Our Internet address is carolina.country@ncemcs.com

A look at the proposal to expand electric utility competition in South Carolina

Immediate deregulation of the electric utility industry in neighboring South Carolina — as proposed under the "Competitive Power Act" introduced in this year's state legislature — would benefit major industries there and possibly raise rates for rural consumers, according to the state's association of electric cooperatives.

"If passed, this legislation would do more harm than good," said R. Cleland Manning, who heads the service association of The Electric Cooperatives of South Carolina, Inc. in Cayce, representing 1.3 million electric co-op members.

A 152-page study released in late winter made similar conclusions. Among its findings are that radical deregulation would cost the state thousands of jobs and millions of dollars in reduced tax revenues. It could also raise rates for most consumers and pose threats to the reliability and availability of electricity.

The study titled "The Impact of Electric Competition in South Carolina" was prepared by J.A. Wright and Associates, an economic analysis firm, for Carolina Power & Light. Wright's experience ranges from utility regulation to economic consulting and strategic planning. Co-authoring the study was Larry Brockman, president of Utility Strategies, Inc. and an expert in competitive market assessments.

"The rapid introduction of retail electric competition will result in the near-term loss of 500 to 2,400 jobs per year and millions of dollars in tax losses," the authors say.

The researchers contend that during the first five years of electric competition, South Carolina's residential electric rates could rise by as much as 24 percent. Meanwhile, industrial rates would drop by as much as 25 percent.

The South Carolina cooperatives agree with the study's recommendation that the state legislature take a cautious, more studied approach to expanding competition in the industry.

Meanwhile, the Electric Consumers Alliance in South Carolina, composed of more than 180 small businesses, government and consumer groups, warns lawmakers that promises of big savings from rapid deregulation are misleading. The alliance's Robert Johnson says, "False claims are being used to jump-start action which takes only the concerns of big business into consideration and fails to address the issues of concern to consumers."

Discussing his study with lawmakers and the news media, Wright said its strength is in its use of actual evidence to support economic theory. "The findings are based on actual deregulation experiences in other industries and other countries, and on advanced computer modeling, in addition to economic theory," Wright said.

The study points out that "While other states, such as California, New York and Massachusetts, race to embrace electric competition, it must be remembered these 'activist' states have

much higher electric rates and, therefore, a greater economic incentive than South Carolina to push for deregulation."

CP&L's response to the study was, in part, "We don't interpret the study as reason to maintain the status quo of the electric industry in South Carolina but as reason to make sure changes are the right ones for all customers. . . . We do think it provides compelling evidence for approaching this issue carefully and deliberately."

North Carolina's legislature is considering establishing a commission to examine the implications of re-regulating the electric utility industry in this state. North Carolina's electric cooperatives support the creation of a commission and will have representation on the study panel. During the discussion, the cooperatives will stress the following points:

- All classes of consumers should be treated equitably.
- Stranded costs should not be borne by those who choose to stay with their current supplier.
- All energy providers — not just utilities — should be subject to the same standards.
- All consumers should have access to electric service.
- Safety and reliability must not be jeopardized.
- Exclusive delivery service areas should be maintained.

"North Carolina's electric cooperatives are not opposed to competition in the industry," says Nelle Hotchkiss, statewide manager of Government and Public Relations. "We will, however, vigorously support these principles to promote those policies which are in the best interests of our member consumers."

If someone offers you cut-rate electricity, be sure to read the fine print

Although South Carolina's gates have not opened to full retail competition in the electric utility business, some hopeful power marketers are trying to sign up consumers anyway.

One marketer, advertising itself as "Electric Lite" and promising a 20 percent savings on electric bills, has come under scrutiny by South Carolina's Public Service Commission (PSC).

The emergence of Electric Lite on the scene in South Carolina may be an indication of what's to come when the rules about delivering electric power begin to change. Even though South Carolina hasn't changed those rules, upstart power suppliers could solicit business with offers that may be too good to be true.

Your local cooperative wants to ensure that you make informed choices as the shape of the electric utility industry changes. Above all, cooperatives advise that all members wait for the new rules to be written before making commitments for power delivery from unfamiliar sources.

If you are contacted by a company offering to sell you electricity, there are some important facts you should know.

- At this time, retail competition allowing utilities and others to sell electricity to residential consumers is under study by the North Carolina legislature.
 - If you are solicited to sign a binding contract with a company offering the sale of electricity, be sure to understand the facts and implications of the contract before you sign anything.
 - Follow the advice of the Consumer Resource Handbook published by the U.S. Government:
 1. Don't assume an offer is a bargain just because it is advertised as one.
 2. Don't rush into a large purchase because the "price is only good today."
 3. Check for extra charges, delivery fees, installation charges switching fees, service costs and hidden costs that make up the total cost of the product or service you are buying.
 4. Examine the length of time you are bound by the contract.
 5. Don't contract over the telephone with businesses you don't know.Anyone suspecting fraud or scam can call the N.C. Consumer Protection Agency at (919) 733-7741.
- For more information, call your electric cooperative.

Maybe you WILL like full competition

Jim Kinghorn, manager of Edgecombe-Martin County Electric Membership Corporation in Tarboro, advised the cooperative's 11,000 cooperative members to be careful when considering the benefits of full competition in the electric utility business. In the co-op's monthly newsletter, "Along the Line," Kinghorn said there are many aspects of competition in North Carolina that must be investigated, and safeguards that should be applied.

Jim Kinghorn

He borrowed from the popular southern humorist Jeff Foxworthy to make these points:

- If you like getting up from the dinner table to discuss changing your electric supplier every night, you will like electric utility competition.
- If you like getting bills from several different companies for the same service that used to be on one bill, you will like electric utility competition.
- If you enjoy monthly changes in the offers your electricity suppliers make, you will like competition.
- If you enjoy finding out that the guy in the seat next to you on the plane is going to the same place you are, but paid half what you did for a ticket, you will really like competition.
- If you like resolving problems by having a phone computer tell you which phone button to push for the best option, you will also enjoy the new world of electric competition.
- If you like analyzing numerous confusing rate options that may not deliver what they appear, you know the rest by now.
- If you like your call to Bob's Septic Tank, Plumbing and Electric Power Enterprises being answered by an employee who has been on the job two weeks and doesn't seem to understand what a kilowatt-hour has to do with your bill — well, you get the picture.



New TV channel from DIRECTV will serve farmers and rural consumers

The first television channel of its kind devoted exclusively to serving farmers, ranchers and other rural residents began airing programming in March on the nation's leading direct broadcast satellite (DBS) television service, DIRECTV®. Channel Earth, the name of the new channel, will broadcast to DIRECTV subscribers on Channel 280 from dawn-to-dusk every Monday through Friday, and with morning-to-midday reports on Saturdays.

Well-known farm broadcaster Orion Samuelson, of WGN-Tribune Broadcasting, is chairman of the board of Channel Earth Communications, Inc. He also is anchor and chief correspondent for Channel Earth. "We intend to become the nation's authoritative source of agricultural news and information," Samuelson said. "We are about to do something that has never been done before: provide farmers, ranchers and other rural consumers with a steady, reliable, up-to-the-minute source of critical information that affects their lives every working day."

Joining Samuelson is WGN colleague Max Armstrong. Together they lead a team of regional and national correspondents, livestock and commodity market experts, meteorologists and talk show hosts.

The new channel airs exclusively on DIRECTV, which delivers its programming to consumers via the DSS® mini-dish satellite system.

The National Rural Telecommunications Cooperative (NRTC) is partly responsible for making the channel a reality. Bob Phillips, chief executive officer of NRTC, said, "For the first time, a national television service has acknowledged that rural Americans deserve to receive news and informational programming tailored to their unique interests."

Channel Earth broadcasts from Chicago and airs live reports from throughout the country, including North Carolina and regular news updates from Capitol Hill.

Samuelson's agricultural broadcasting career spans more than 40 years. He and Armstrong are well known as agricultural reporters for WGN-TV and Radio, anchors of Tribune Radio Network's "National Farm Report," and hosts of a nationally syndicated weekly television show, "U.S. Farm Report."

NRTC is a non-profit service cooperative made up of rural electric, telephone and affiliated organizations in 48 states. NRTC members were instrumental in first introducing DIRECTV service to rural residents nearly three years ago.

For information about subscribing, call (800) DIRECTV, or dealers who sell the 18-inch dish receivers.

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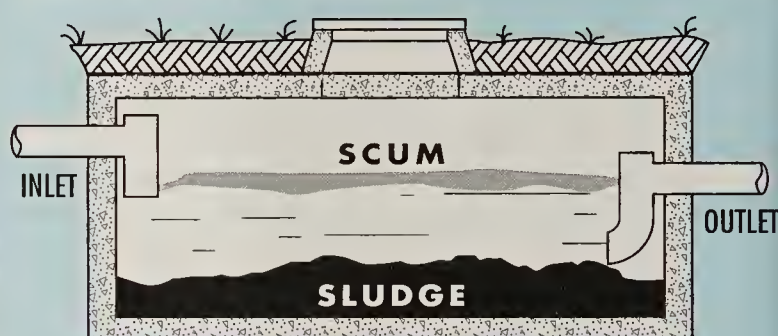
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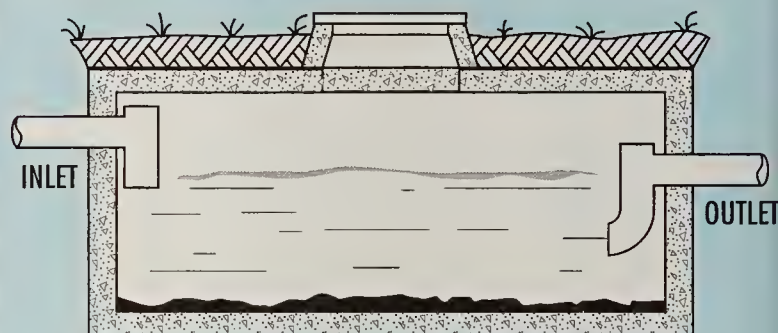
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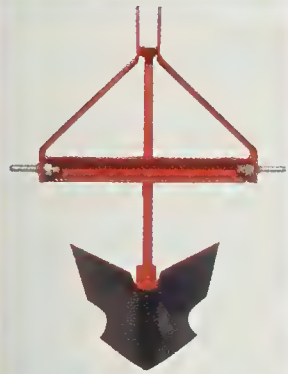
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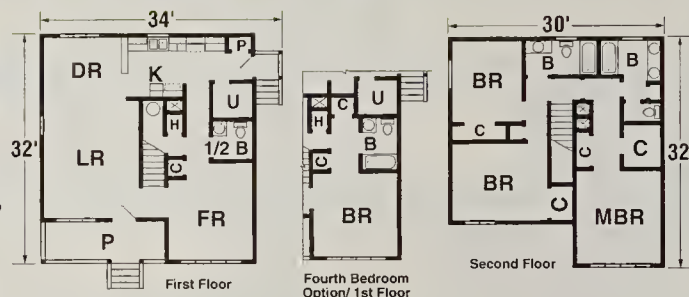
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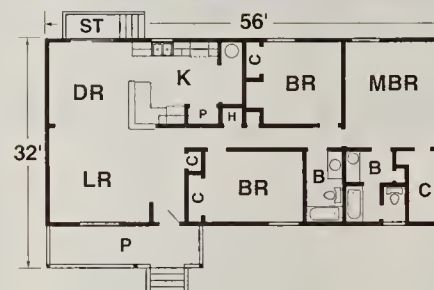
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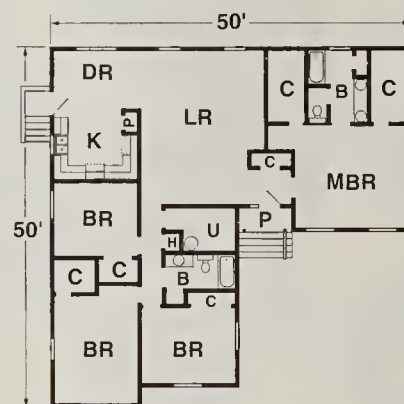
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Carolina Country dedicates this third edition of "See North Carolina" to the members of our electric cooperatives who truly power our communities.

There are more than 4,000 cities, towns and otherwise organized communities in the Tar Heel State, and most of them are kin to an electric cooperative. Some towns, in fact, may not even be here today if neighbors hadn't formed a cooperative years ago to share the power and glory of electrical energy. The core idea of a cooperative – to provide equally and fairly among its members – always rises within communities that care about themselves. And as North Carolina's electric cooperatives have grown – embracing today 1.6 million people in 93 of North Carolina's 100 counties – our trust in the communities that formed us grows, too.

Visit any North Carolina community served by a cooperative and you'll meet people who "cherish, protect and defend" their cooperative as they do their school, their church and their family. The reason for this is that cooperative membership and community service were born and raised together. Just as you can't take the country out of a farm boy or a farm girl, you can't take community out of a cooperative. In a cooperative, a member is not a number, a neighborhood is not an account code.

When co-op members visit another part of the state and we notice the co-op symbol on a sign outside a district office somewhere, when we see line crews with that symbol on their hardhats or on the doors of bucket trucks, we feel like we're among kin. It's a tie that binds. It's an understanding that you're in a place where the local utility, owned by the people who live there, is helping to keep the place the clean, happy, safe, prosperous and lively. They make their towns good places to live, work and visit.

– Michael E.C. Gery

The Tar Heel Toast

Here's to the land of the long leaf pine,
The summer land where the sun doth shine,
Where the weak grow strong and the strong grow great,
Here's to "Down Home," the Old North State!

Here's to the land of the cotton bloom white,
Where the scuppernong perfumes the breeze at night,
Where the soft southern moss and jessamine mate,
'Neath the murmuring pines of the Old North State!

Here's to the land where the galax grows,
Where the rhododendron's rosette glows,
Where soars Mount Mitchell's summit great,
In the "Land of the Sky," in the Old North State!

Here's to the land where maidens are fair,
Where friends are true and cold hearts rare,
The near land, the dear land, whatever fate,
The blest land, the best land, the Old North State!

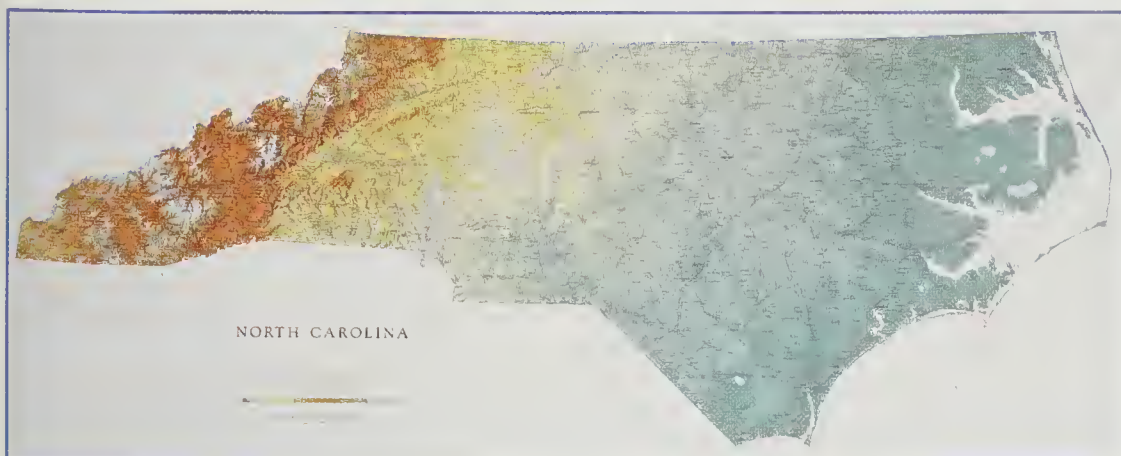
Officially adopted as the State Toast of North Carolina by the General Assembly of 1957. (Session Laws, 1957, c. 777)

From the State Song

Carolina! Carolina! Heaven's blessing attend her,
While we live we will cherish, protect and defend her,
Tho' the scorner may sneer at, and witlings defame her,
Yet our hearts swell with gladness whenever we name her.
Hurrah! Hurrah! The old North State for ever,
Hurrah! Hurrah! The good Old North State.

From "The Old North State" by William Gaston, 1840

Adopted as the official song of the State of North Carolina by the General Assembly of 1927. (Public Laws, 1927, c. 26; G.S. 149-1)



Day Trips (pages 17-27)

Design by Wendi Dombach
Itineraries courtesy of the Travel Council
of North Carolina and its Classic
Adult Committee (Jack Goldstein,
chair)

Touring Directory (pages 34-46)

Design by Katherine Fowler
Sketches by Michael Gerv and Kim
Whorton
Listings by Jodie Petrarca

Map details (pages 17-27) by Raven Maps & Images, P.O. Box 850, Medford, OR 97501. The North Carolina map (shown here) is 35 by 68 inches, available for \$25 (paper) and \$45 (laminated), plus \$5 shipping. For a catalog, call (800) 237-0798. Or www.ravenmaps.com



Aycock Birthplace

Visit the restored boyhood home of North Carolina's "Educational Governor." Take a tour of the farmstead and an 1893 schoolhouse.

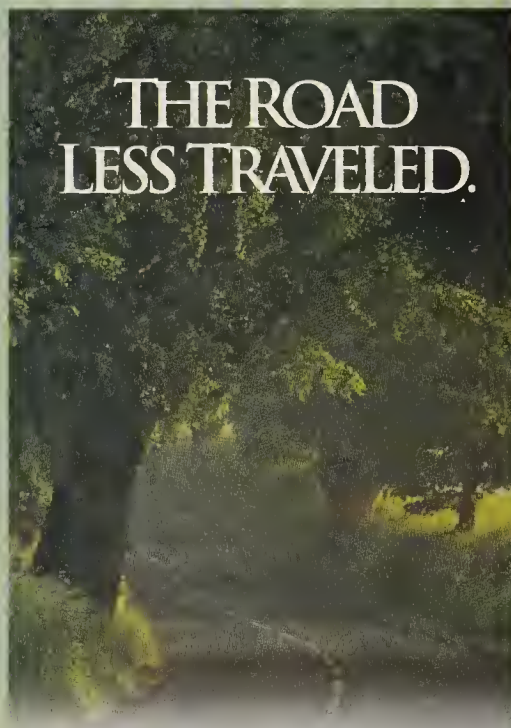
Call us about our many living history programs.

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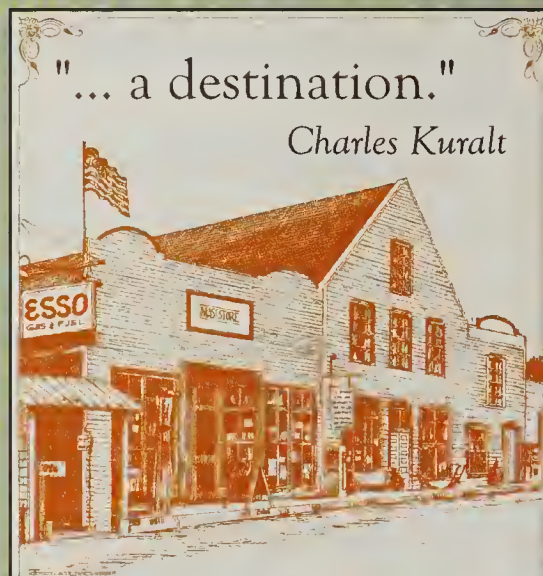


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ADVERTISER 5

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ADVERTISER 6

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The Blue Ridge Mountains of North Carolina invite you to unwind on scenic back-roads and relax by mountain streams. Enjoy old-time music, crafts and festivals. Experience the many attractions and four seasons of outdoor activities in the North Carolina High Country along the Blue Ridge Parkway.



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ADVERTISER 7

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ADVERTISER 8



Ferry Schedule (Year-round)

2 ferries running daily year-round

Depart Ocracoke:	6:30 am
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Depart Swan Quarter:	7:00 am*
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*additional departures Memorial Day
(May 21) thru Labor Day (September 2)

Crossing time: 2 hours, 40 minutes

For rates & reservations, call
1-800-BY-FERRY

ADVERTISER 9

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Retreat Near Hanging Rock Park.
Indoor Pool, Hot Tubs, Mountain
Views, Fishing, Romantic Rooms,
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ADVERTISER 10

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Carolina offers beautiful beaches,
great fishing, championship golfing, and
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Ocean Isle Beach, Sunset Beach and
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ADVERTISER 11

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ADVERTISER 12



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ADVERTISER 13



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www.albemarle-nc.com/hyde

ADVERTISER 14

*"take the road less traveled...
to a place where time seems to
move a little slower..."*

Mainland Hyde County Events for 1997

May 4

Mattamuskeet Art Show. "Wild Wings -
Native Scenes-Artistic Things." 1:00 - 6:00 pm.
Mattamuskeet Lodge.

May 4-5

Riverside Campground Big Bass Tournament

May 17

Engelhard Seafood Festival

May 23-25

Fairfield Heritage Bass Tournament

October 4

Hyde County Farm Day

November 8

Mattamuskeet Fun Ride

December 6-7

Swan Days Festival. Celebrate the annual
return of over 40,000 tundra swan and other
waterfowl with guided tours of Mattamuskeet
National Wildlife Refuge area not normally
accessible to the public.

A Boat Racing Double Header Is Coming To Whichards Beach



25 of the world's fastest 130 mph F-1 drivers and
10 F-1 offshore drivers

The First Annual Overtons/Fountain Powerboats
"Thunder on the Water"

Opening event of the 8-race 1997 P.R.O.P. Tour and
first-ever F-1 Offshore Invitational Match Race

Whichards Beach, Washington, North Carolina

May 31: Time trials & elimination heat

June 1: Two semi-finals, F-1 Main Event and F-1
Offshore Invitational Gate and pits \$5.00 each
day - Saturday and Sunday

Gate and pits \$5.00 each day - Saturday and Sunday

Overton's®

FOUNTAIN

ADVERTISER 16



Taking Flight

Begin at Manteo on the Outer Banks

This tour takes in **Jockey's Ridge** in Nags Head, the tallest sand dune on the East Coast, where you can watch hang gliding and stunt kites or test your own skills. Participants (\$) allow 2-3 hours. (Drive time 10 minutes on US 64 east and Hwy. 12 Bypass.)

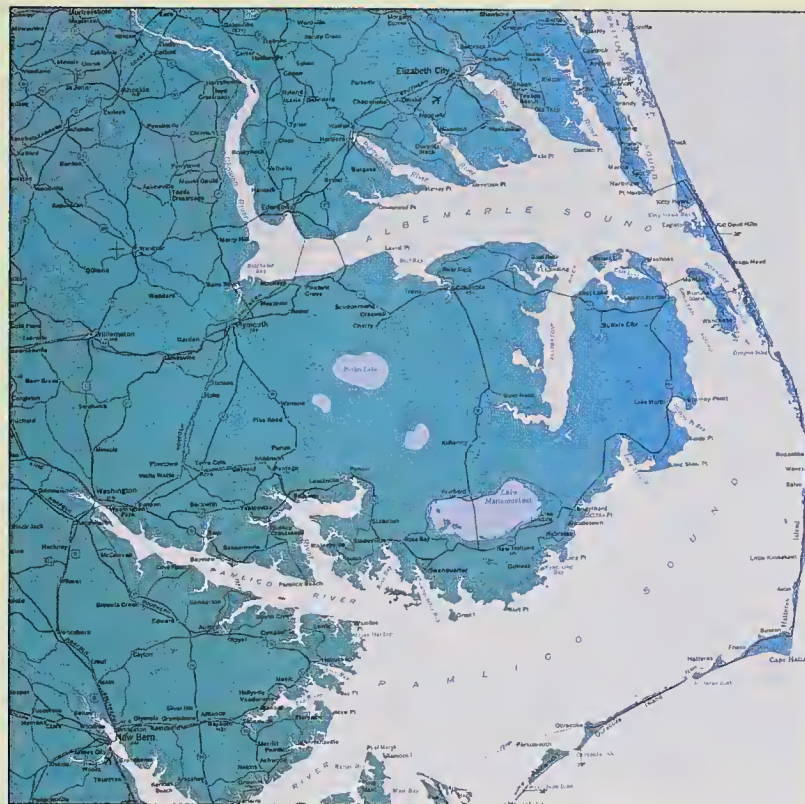
Continue on the coast road north to **Wright Brothers National Memorial** (\$), site of the first powered airplane flight. Visitors Center offers plane replica and exhibits. (Drive time 15 minutes.)

Then head south on Hwy. 12 across Oregon Inlet Bridge onto **Cape Hatteras National Seashore**. Observe waterfowl at Pea Island National Refuge on the way to Cape Hatteras Lighthouse, tallest on the East Coast. (Drive time 2 hours.)



Option: Take Hatteras Island ferry to Ocracoke Island. (Ferry ride is 40 minutes.) Visit this pretty village and Ocracoke Lighthouse. Tour a British cemetery dating back to the 1700s. Lunch at a waterside restaurant.

Another option: From Oregon Inlet, continue through National Seashore on Hwy. 12 to Chicamacomico Lifesaving Station in Rodanthe to see original station built in 1874. Exhibits depict early life saving devices. Public beach access. Seasonal hours.



Our Oldest Towns

Begin at Greenville

Enjoy the scenic drive to **Bath**, the oldest town in North Carolina. Visit the state's oldest church, 1705, and historic buildings and homes from the 18th and 19th centuries (\$). (Drive time 45 minutes.)

Drive the rural highways (32, 45, 308) to Windsor for a tour of **Hope Plantation**, built in 1803. Allow 2 hours to tour (\$). Excellent view of agrarian lifestyles in the Colonial and Federalist periods. (Drive time 1 hour.)

Try lunch at Roanoke-Chowan Heritage Center in the **Hope Forest**. Picnic facilities also available.

Travel eastward to **Edenton** to see North Carolina's most prestigious collections of 18th century buildings. Tour St. Paul's Church, the Barker House and the nation's best preserved colonial courtroom. Allow an hour to tour. (Drive time 30 minutes.)

Head into Elizabeth City to visit the **Museum of the Albemarle** (\$), showing the chronological development of northeast North Carolina. Allow an hour. (Drive time 30 minutes.)





day trips



Seafare

Begin at Morehead City



Fort Macon State Park, a restored Civil War fort, is at the eastern end of Bogue Banks. Tour the restored barracks with guided or self-guided tour. Re-enactments are conducted throughout the year. (Drive time 10 minutes.)

Drive the island highway to **Theodore Roosevelt Natural Area** and the **North Carolina Aquarium** (\$). Learn about marine life through exhibits, nature trails in salt marshes, and a touch-it-tank. (Drive time 15 minutes.)

Enjoy lunch on Morehead City's waterfront, home of the North Carolina Seafood Festival in October.

Travel Hwy. 70 east to Beaufort, North Carolina's third oldest town. Visit the **Restoration Grounds** (\$) of restored buildings, including a jail house and apothecary shop. (Drive time 10 minutes.)

The **Maritime Museum** is located around the corner from Restoration Grounds and contains exhibits depicting life in a seafaring town, shell collections and early lifesaving equipment. Programs daily.

Enjoy late afternoon or evening harbor cruises from the Beaufort waterfront. Watch wild ponies graze on **Carrott Island** and see various waterfowl nesting in natural habitat.

Sea Scents

Begin at Wilmington

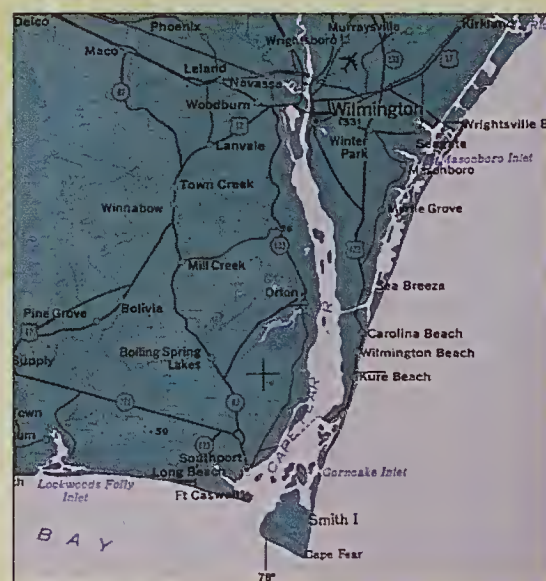
Half Day
4 to 5
Hours



Drive south from Wilmington on US 17 (drive time 30 minutes) to see the Civil War-era **Fort Fisher** before stopping at the **North Carolina Aquarium** (\$). (Allow 1 hour.)

There's a short ferry ride to the seaport town of Southport. Allow 30 minutes or so for browsing along the oak-lined streets.

Options: Return to Wilmington via Hwy. 87 and Hwy. 133 to **Orton Plantation** (\$). It's a 30-mile drive and located 15 miles north of Southport on NC 133. Orton is known for its formal gardens overlooking the Cape Fear River and is at its most exquisite during azalea season in **Airlie Gardens** (\$) and **Greenfield Gardens**.





Pre-Game Show

Begin at Kinston

Since most **Kinston Indians** games begin at 7 p.m., come early to enjoy lunch and activities the afternoon of the game. Many barbeque and country cooking restaurants are available.

Visit the **CSS Neuse State Historic Site** and **Governor Richard Caswell Memorial** located at 2612 West Vernon Ave. The CSS Neuse is one of only three Civil War ironclad gunboats on display in the world. The site offers tours, exhibits and, on occasion, living history programs. The Caswell Memorial depicts the story of North Carolina's first-elected governor. (Allow 1-1½ hours.)



Go 2.5 miles east on Vernon Ave. into the heart of Kinston and turn right on N. Queen St. which begins Kinston's **Magic Mile**. Noted in the 1950s and 1960s for its shopping, the Magic Mile is undergoing revitalization through the efforts of Pride of Kinston. On your right at 400 N. Queen St., visit the Kinston Community Council for the Arts. Located in a restored warehouse, there are galleries, exhibits, gift shop and special events. (Allow 1 hour.)

At 211 N. Queen St., find the renovated **Paramount Theater** which now houses Made in North Carolina, a specialty gift shop featuring unique North Carolina food and gifts.

Head south two blocks to the **Caswell No.1 Fire Station Museum**, located at 118 S. Queen St. This fire station, built in 1895, houses firefighting equipment and exhibits dating from 1800 to present. Museum open Tuesday, Thursday and Saturday, 10 a.m. - 4 p.m. (919) 527-1566. (Allow 30 minutes.)

At the next intersection, turn right on King St., cross Neuse River, take right on Riverbank Rd. which leads to Kinston's **Neuseway Nature Center**. Here you can learn about the ecosystem of the Neuse River from wildlife exhibits and nature talks. (Allow one hour.)

To get to the ballpark, retrace your path from the Neuseway Nature Center turning left on King St., then left on Queen St. At Vernon Ave., take a right and look for Kinston Indians/Grainger Stadium signs on left. Take in a Kinston Indians baseball game (\$).

Museum Without Walls

Begin at Hillsborough

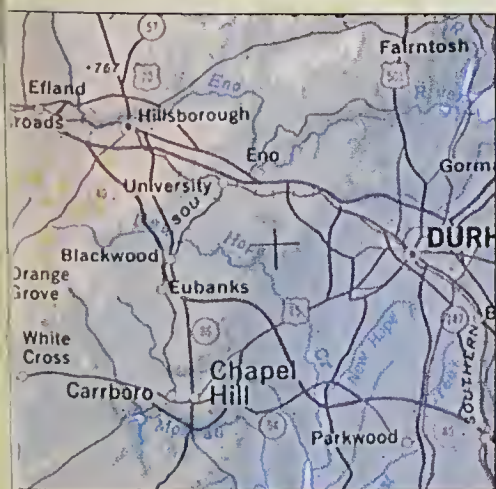


Start out with a visit to the Orange County Visitors Center in the **Alexander Dickson House** in historic downtown Hillsborough. From I-40, take exit 261. From Interstate-85, take exit 164. Downtown Hillsborough is 3 miles from I-40 and 1 mile from I-85. You may pick up a self-guided walking tour brochure or view a video at the Visitors Center.

With the self-guided walking tour brochure, stroll the downtown historic district. Stop in at the **Orange County Historical Museum** at 201 North Churton Street to see exhibits of artifacts depicting Orange County lifestyle and history from the time Indians lived along the Eno River until 1865. A second floor galley in the museum features a different artist's work each month. (Allow 1-2 hours.)

After you finish your walking tour, drive out St. Mary's Road approximately ¼ mile to tour **Ayr Mount** (\$). The house, located on 50 acres along the Eno River, is one of North Carolina's finest plantation houses (ca. 1815) dating from the Federal Period. The house is carefully restored, exquisitely furnished with period antiques and fine art. Impromptu tours offered Tuesday, Thursday and Sunday at 2 p.m. or available for group tours other times by appointment. (Allow one hour.)

Option: Browse the **Burwell School**, a 19th century Presbyterian school for young ladies (1837-1957) in downtown Hillsborough. The historic house which served as the school, as well as outbuildings and the grounds, are open for self-guided tours on Wednesdays and Fridays, 11 a.m. - 2 p.m. and Saturdays 1 - 4 p.m. There are reduced hours in December and January. Guided tours are available with advance notice (Allow 30 minutes to one hour.)



Crossroads of Culture

Begin at Lumberton

Come into Lumberton off I-95 or NC Hwy. 74. Start your day in historic downtown Lumberton via Elm Street. Enjoy the ante-bellum and other architecturally interesting homes on oak-lined streets. The **Carolina Civic Center** has the only working theater organ south of Richmond and a glorious rudy chandelier. Stroll along the Lumbree River at the park or take in one of the boutiques in the area. (Allow 1-2 hours.)

All Day
6 to 8
Hours



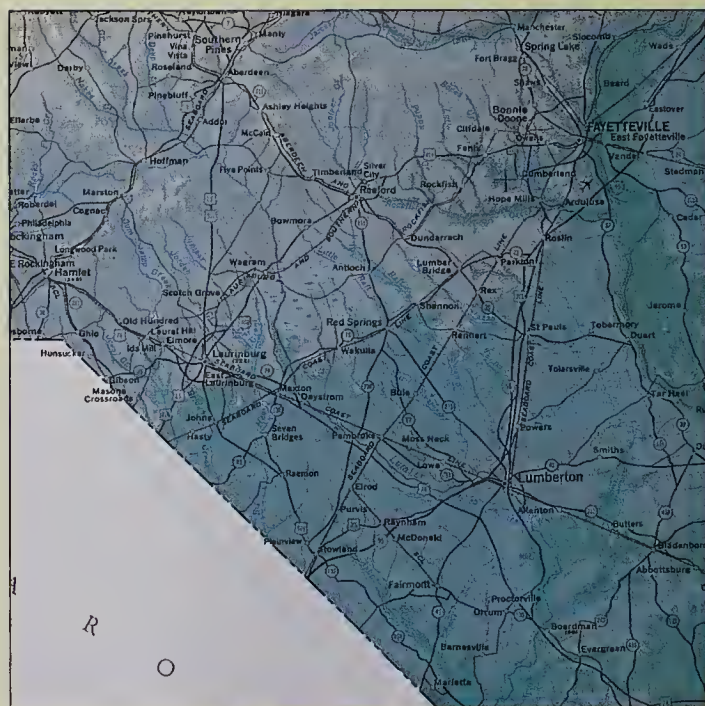
Enjoy lunch and outlet shopping along the Interstate corridor. Outlets include Westpoint Stevens, Converse, Belk, and Outer Banks. (Allow 2-3 hours.)

Travel south on I-95 to Exit 17, then west on 711 into downtown **Pembroke**. See the campus of the University of North Carolina at Pembroke and visit the **Native American Resource Center** in Old Main. (Allow 30 minutes - 1 hour.)

Continue to travel west on 711, turn right on 710 to go into Red Springs to visit the **Flora McDonald** campus and gardens (home of Highland Games each October).

Leaving Red Springs on 711 east, go 12 miles to the **Humphrey-Williams-Smith Plantation** on the right. (Allow 1-2 hours.) Home, gardens and Confederate Post Office tour available by advance reservation.

Options: NASCAR racing at Rockingham, N.C. and Darlington, S.C.; the Farmer's Museum and Festival; canoeing the Lumber River (guided by park rangers); Planetarium and Science Center; One Room Schoolhouse; Lumbree Homecoming (July), spring and fall Indian Pow Wows and Lumbree storytellings.



Airborne

Begin at Fayetteville

All Day
6 to 8
Hours



Start the day at the **82nd Airborne Museum at Fort Bragg**. The museum houses over 3,000 artifacts collected from World War I through Operation Desert Storm. (Allow 1-1½ hours.) If you have time, visit the nearby John F. Kennedy Special Warfare Museum. (Allow 1 hour.)

The **John F. Kennedy Chapel** is named in honor of our former president for his dynamic force in formation of Special Operation Units. The chapel features beautiful stained glass windows and a monument donated by movie legend John Wayne in appreciation of the Special Forces for assistance during the filming of "The Green Beret." (Allow 30 minutes.)

Nearby is the **Museum of the Cape Fear**, a branch of the North Carolina Museum of History. The museum offers an extensive collection of artifacts, including Native American pottery and Civil War displays. (Allow 1 hour.)

Several historic buildings offer a windshield view of the past. The Market House was built in 1832 and is a National Landmark. Barges Tavern, built in 1790, is a rare example of a one and a half story building with a central chimney. The Kyle House, built in 1855, is an elegant town house of Italian and Greek revival design. The walls of the house are 18 inches thick and filled with sand. Heritage Square includes three historic structures: the Sandford House, the Oval Ballroom and the Baker-Haigh-Nimocks House. (Allow 1 hour.)

Options: Group tours of Fort Bragg Army Base can be arranged by calling the Community Relations department of the Public Affairs Office at (910) 396-5401. Windshield tours require 1 hour. Pope Air Force Base is one of only three composite wings in the United States with multiple weapons systems under a single commander. Tours by appointment. For a windshield tour, call Public Affairs at (910) 394-4183. (Allow 1 hour.)



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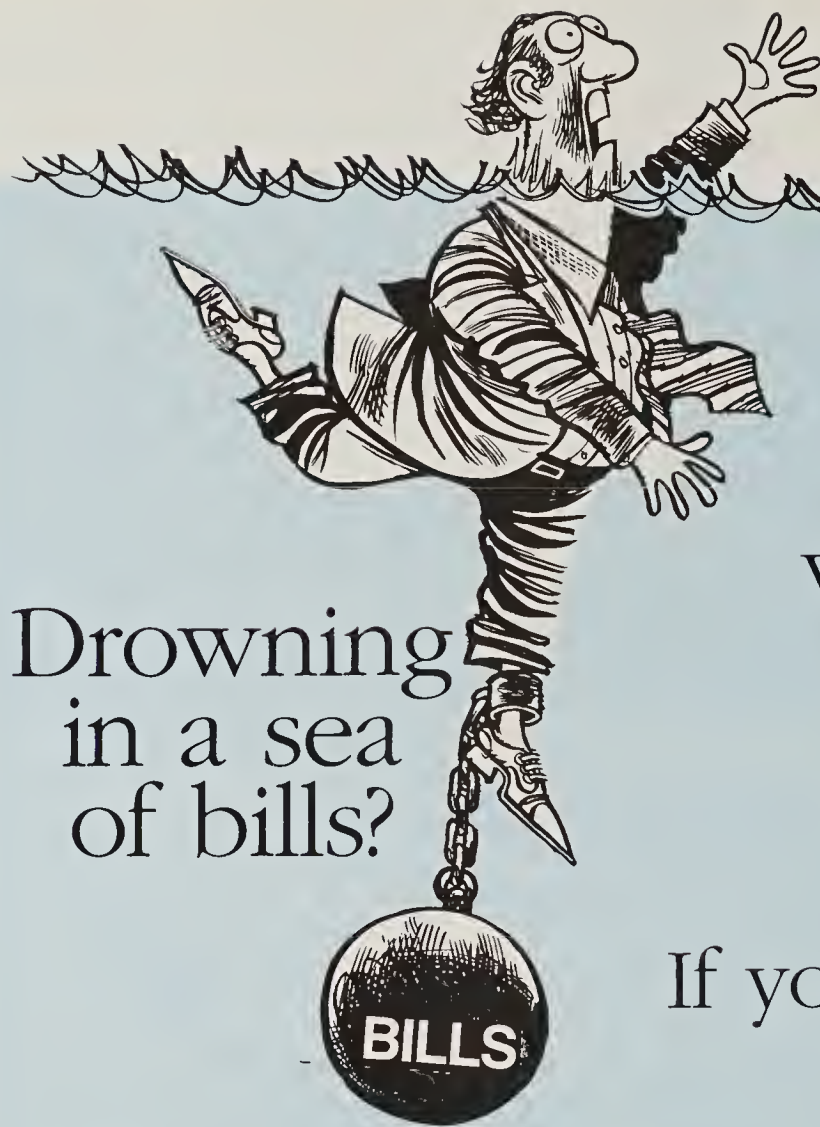


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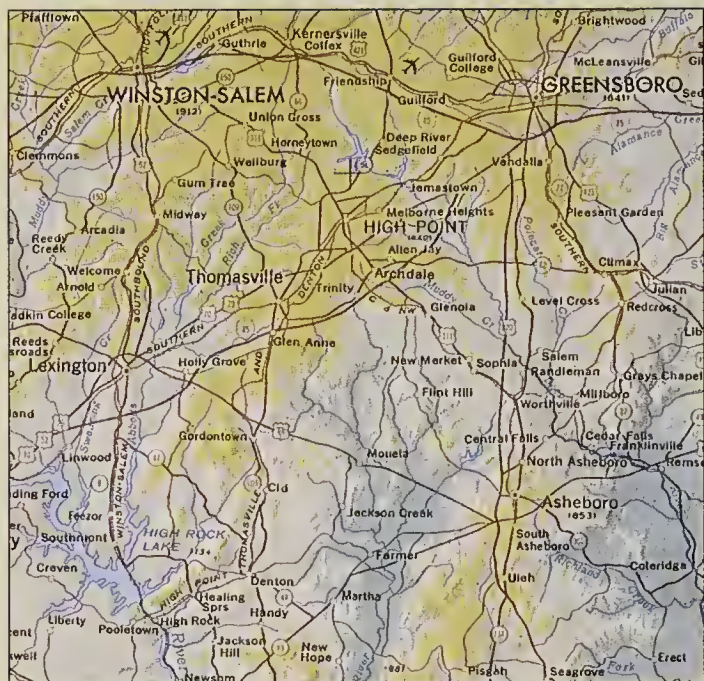


day trips

Animals, Artisans & Autos

Begin at Greensboro

All Day
6 to 8
Hours



You can take a virtual safari at the **North Carolina Zoological Park** (\$). Follow NC 159 off US 220 to Asheboro to see exhibits of the African Continent, the Sonora Desert, the Aviary, North America and more. You can walk or take a tram tour. This may take all day, or you can limit yourself to half day and then go to other tours for the afternoon. (Allow 4 - 8 hours.)

Twenty minutes from Asheboro's zoo is **Seagrove Pottery** on US 200 and NC 705. You can watch more than 70 potters throw clay on their wheels as they shape pots, chalices, mugs, vases, jugs and plates. Earthen and stoneware pottery available for purchase. (Allow 1½ - 2 hours.)

On the way back to Greensboro, make a pit stop at the **Richard Petty Museum** in Randleman. Here, the seven-time NASCAR champion's trophies, awards, mementos, famous #43 race cars and Winston #1 showcar are displayed, with a video of the history of NASCAR and the Winston Cup (\$). (Allow 1 hour.)

Option: In the fall, you can see the Seagrove Pottery Annual Festival, one of the best and largest folk art and crafts events in the

state. Along with the traditional pottery making, the festival showcases handmade crafts, doll making, candle dipping, china painting, blacksmiths, woodcarving, spinning, weaving and more.

Famous Food, Fast Cars, Fine Art

Begin at Lexington

Uptown Lexington has a unique blend of historic and architecturally significant churches, buildings, civic center, museums, quaint shops, old country store and candy factory. (Allow 45 minutes.)

The **Museum of Art** features gallery space for art exhibits as well as a gift shop with fine crafts. (Allow 45 minutes.)

The **Davidson County Historical Museum** in the Davidson County Old Courthouse has historical exhibitions and family genealogy information. Open all year. (Allow 30 to 45 minutes.)

Bob Timberlake Galley is full of Bob Timberlake's artwork for sale as well as select items from the Bob Timberlake collection, a line of furniture and accessories. (Allow 45 minutes.)

Car racing fans shouldn't miss the home of B.M. Goodwrench Service's #3 Monte Carlo driven by Winston Cup champion Dale Earnhardt, at **Richard Childress Racing Enterprises** in Welcome. Tour the race shop and see the crew building and readying cars for upcoming races. See race cars and street rods in the museum. (Allow 45 minutes.) Open Monday - Friday throughout the year.

Denton Farm Park, site of the southeast's Treasher's Reunion during the July Independence Day holiday period is in nearby Denton. (Allow 45 minutes.)

North Carolina's Vietnam Veterans Memorial recognizes 1,607 North Carolinians killed or missing in the Vietnam War. It's located 6 miles north of Lexington along I-85, south of exit 102 at rest area. (Allow 30 minutes.)

High Rock Lake is 365 miles of shoreline dotted with homes, cottages, free boat ramps and reasonably priced campgrounds. Boating, water-skiing and fishing are the highlights. High Rock was the site of the 1994-95 Bass Master's Classic, the world's most prestigious fishing tournament. (Allow 30 minutes.)

Boone's Cave State Park is where Daniel Boone is said to have hidden in a cave from Indians. The park overlooks the Yadkin River along Highway 150-South near Churchland. (Allow 45 minutes.)

Nearby in Thomasville is the "World's Largest Chair." (20 minutes drive.)



Half Day
4 to 5
Hours

Woods, Wine & Cheese

Begin at Hickory

Start the day at one of Hickory's furniture manufacturers and watch craftsmen produce world-class furniture. (Allow at least 1 hour.) The Convention and Visitors Bureau can give you a complete list of manufacturers offering complimentary tours.

Travel to **Hickory Furniture Mart** and along Hwy. 321 to realize bargains from up to 70 percent on locally made furniture. (Allow 2 hours.)



Take US 70 or I-40 about 10 miles to the town of Valdese to visit the **Waldensian Museum** and learn about the traditions early settlers brought to the area. (Allow 1-2 hours.) Lunch at a nearby restaurant.

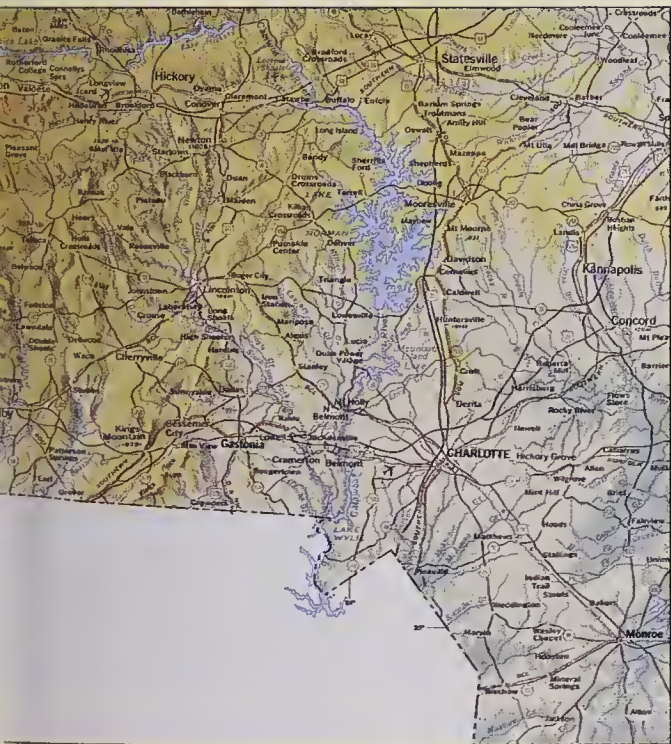
Visit the **Villar Vinters of Valdese** (allow 1 hour) and enjoy local cheese at **Kathryn's Cheese House** (also 1 hour).

Return to Hickory traveling just east of the city on US 321 to Newton and the **Catawba County Museum of History**, one of the nation's finest museums of southern history and culture. (Allow 2 hours.)

For dinner, enjoy southern hospitality at one of several restaurants that provide live music and free square dancing or clogging lessons.

Wheels To Deals

Begin at Concord/Kannapolis or Charlotte



From I-85, take exit 48 to Hwy. 29 and follow signs to the **Charlotte Motor Speedway (CMS)**, where you can take a behind-the-scenes look at the speedway grounds, pit road and garage area. Thrill at the tour-van ride around the high-bank 1½ mile oval track and finish with a photo in the Winner's Circle. A 12-minute video presentation and a souvenir shop with race collectibles are also on site. Tours every ¾ hour. Monday through Saturday 9 a.m. - 5 p.m. and Sunday noon - 5 p.m., except major holidays and race periods (\$). (Allow 45 minutes.)

Walk or drive up the street to **Sam Bass Illustration and Design Studio/Museum**. View the race prints by Bass with over 150 original art works and limited edition prints. Open Monday through Friday, 9 a.m. - 5 p.m., closed major holidays. The museum is located upstairs, approximately 25 steps. (Allow 30 minutes.)

Drive north on US 29, one-third mile north of the CMS to Memory Lane to see classic motor cars at the Museum and Gift Shop of **Backing Up Classics, Inc.** The collection features antique cars from the 1920s to 1970s. Open Monday through Saturday, 9 a.m. - 5:30 p.m., Sunday from noon - 5 p.m. (\$). (Allow 1 hour.)

While still in the "fast lane", visit **NASCAR Race Shop** to see behind-the-scenes race team preparations. Check with Visitors Center for viewing days and times. (Allow 30 minutes for each race shop visited.)



Take Morehead Road (adjacent to the CMS) to Hwy. 49, turn left and go ¼ mile and on the left you'll find 600 **Racing Legend Cars**. See the

5/8-inch scale cars modeled after the modified Fords, Chevys and Dodges driven by the sport's earliest stars during the formative years of NASCAR. Observation deck open Monday through Wednesday, 8 a.m. - 8 p.m., Thursday to Friday 8 a.m. - 6 p.m. and Saturday 9 a.m. - 3 p.m.

A few miles north of CMS on Hwy. 29 is **Tracks USA** where you can experience the thrill of indoor slick track racing with motorized go-carts. Must be at least 15 to drive. Open Thursday and Friday 4 - 10 p.m., Saturday noon - 10 p.m. and Sunday, 4 - 9 p.m. Closed major holidays. (Allow 1 hour.)

Take Hwy. 29 north approximately 4 miles north of CMS to **S & D Coffee** of Concord. This business has been roasting, grinding, packaging and distributing gourmet coffee and teas since 1927. For wonderful aromas and unique souvenirs, visit the gift shop and tasting room. Check out the coffee production video. Open Monday through Friday 10 a.m. - 6 p.m., Saturday 9 a.m. - 1 p.m. Closed major holidays.



day trips

Museums & Mountains

Begin at Boone

The **Appalachian Cultural Museum** (\$) tour covers life in Appalachia from its geological beginning to its cultural diversity. Included are Native American artifacts, the Yellow Brick Road from the Land of Oz and Junior Johnson's Winston Cup race cars. (Allow at least 1 hour.)

Take US 321 south to the Blue Ridge Parkway and head south to the **Moses Cone Estate**, open May through October. (Allow 20 minutes drive time.) Tour the mansion and browse through the craft shop which is part of the **Southern Highlands Craft Guild**. There you will see some of the finest work by southern artisans who are sometimes on hand to demonstrate their talents.

Continue south on the Blue Ridge Parkway to **Grandfather Mountain** (\$). (Allow 30 minutes drive time.) Visit the Natural History Museum's animal habitats with deer, beaver, cougar, otters, gold and bald eagles and the mile-high swinging bridge. Lunch can be purchased on site or bring a picnic to enjoy the variety of sites around the mountain. Hiking trails available, too. (Allow 2 hours)



From Grandfather Mountain, take US 221 south to NC 105 to County Road 1112, turn left onto CR-112 and follow it to **Mast General Store** in Valle Crucis. (Allow 30 minutes drive time.) The Mast General Store is typical of the general stores that were the focal point of communities during the later part of the past century. While at Mast Store, be sure to visit the Little Red School House Museum located behind the store. (Allow 1 hour.)

Return to Boone for dinner.

Frescoes, Waterfalls & Outdoor Drama

Begin at Boone

Visit **St. Mary's Episcopal Church** in West Jefferson to admire the frescoes painted by Ben Long. To get there, take US 421 from Boone to US 221. Take US 221 north to traffic light at Hwy. 163, turn left, then left at the first road to the left. Go about a mile, and St. Mary's is on right. (Allow 45 minutes drive time from Boone and 15 minutes for the visit.)

Next stop, **Holy Trinity Episcopal Church** in Glendale Springs, which houses the largest of the Ben Long frescoes, "The Lord's Supper." From St. Mary's return to Hwy. 163. Turn right, go through the stoplight, and follow 163 to Hwy. 16. Turn left and go about 5 miles to



Glendale Springs. Church is on the left about 100 yards past Blue Ridge Parkway. (Allow 20 minutes drive time and 30 minutes for the visit.)

A short drive from Holy Trinity Church at the Glendale Springs entrance to the Blue Ridge Parkway is the **Northwest Trading Post**, open April 15 through October 31. There are other craft stores in the area as well. (Allow 30 minutes at each location.)

Travel south along the Blue Ridge Parkway (30 minutes drive time) to the **Cascades Waterfall**. This 1-hour moderate hike covers 2.4 miles round trip. Bring a picnic lunch. Picnic tables are available.

Return to Boone via the Parkway, exiting at Deep Gap (30 minutes drive time), or continue on to the picturesque mountain town of **Blowing Rock** on US 321. (45 minutes driving time.)

For evening entertainment, try the 2-hour outdoor drama "**Horn in the West**" (\$) from mid-June to mid-August, every night at 8:30 p.m. except Monday. The show is in Boone just off Hwy. 105, US 321 and US 421.



Antiques, Crafts and Bountiful Vistas

Begin at Asheville

The **Folk Art Center**, at milepost 382 on the Blue Ridge Parkway, showcases the work of the **Southern Highland Handicraft Guild**. Galleries display a wide assortment of works by guild members including pottery, glassware, toys and jewelry. (Allow 1 hour.)

All Day
6 to 8
Hours



The nearby town of **Black Mountain**, about 20 minutes east of Asheville, located just a mile from the Eastern Continental Divide, hosts antique and craft shops as well as historic Cherry Street. (Allow 1 hour.)

Spend the remainder of the afternoon at **Chimney Rock Park** (\$), which is about two minutes southeast of Asheville. Take I-26 east to Hwy. 70 and Chimney Rock. Ride an elevator to the top of the granite formation, or hike the trail to the summit which overlooks Hickory Nut Gorge and Lake Lure. The 1,000-acre park contains a moonshiner's cave, picnic sites and numerous hiking trails.



Indians, Drama & Ghost Towns

Begin at Asheville

Get an early start to **Maggie Valley**, 35-40 miles west of Asheville via I-40 and US 19 south. This mountain town is a center for clogging, the mountain dance that evolved from old Scottish and Irish reels and jigs.

Visit the nearby **Ghost Town in the Sky**, with its replicas of mining and frontier villages (\$).

Have lunch in Maggie Valley, or pack a picnic to enjoy en route.

After lunch, proceed to **Cherokee**, 35 miles west of Maggie Valley. Here is the largest organized Indian reservation east of Wisconsin. Visit the **Museum of the Cherokee Indians**, a tribute to the Cherokee culture and history, and the **Oconaluftee Indian Village**, a live re-creation of an ancient Cherokee community.

All Day
6 to 8
Hours



Return to Asheville late that afternoon, or spend the night in Cherokee. During the summer, you can enjoy **"Unto These Hills,"** an outdoor drama that traces Cherokee Indian history (\$). It runs from late June through early August, 8 - 11 p.m.

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Touring North Carolina in

CYBERSPACE

by Jay Johnson

Perhaps it's a carry-over from our reputation as the "Good Roads State." For whatever reason, Internet cruisers frequently visit North Carolina sites on the Information Superhighway.

Each day, millions of people worldwide make "virtual" visits to North Carolina via the Internet and the World-Wide Web. Whether you're a CEO in Sweden looking to open a new factory, or skier in Scotland Neck looking for snow reports, there are Web sites covering the best that North Carolina has to offer. Although the Web is only one component of the Internet ("FTP" and "Gopher" are others), the Web's ability to transmit graphics, text, sound and video have made it by far the most popular.

Following are some of North Carolina's most interesting, useful or just plain "cool" Web sites. To reach these sites, remember to type "http://" before the Uniform Resource Locator (URL) listed.

News & General Information

Nando.net (www.nando.net): Averaging about 12 million accesses a week, this is one of the world's most frequently visited Web sites (excluding on-line services and search/directory sites). Nando.net is the cyberspace arm of the McClatchy media group, which purchased Nando.net along with The News & Observer (Raleigh) in 1996. There's been a great deal of money spent on this site — and it shows. For news, sports, weather and entertainment, this is an absolutely terrific site. Check out the page devoted to the N&O's bete noir, Sen. Jesse Helms, called "The World According to Helms" (www.nando.net/sproject/jesse/helms.html). For up-to-the-minute sports information, check the link to the site's sports server.

North Carolina Information Server (www.sips.state.nc.us/nchome.html): Billed as "the WWW server for the State of North Carolina," this is a site of which Joe Friday would be proud: "Just the facts, ma'am" about North Carolina business, agencies, employment, education and more.

The North Carolina Encyclopedia (hal.dcr.state.nc.us/nc/cover.htm): Just what the name implies. The state Department of Cultural Resources maintains an outstanding and extensive Web site, of which this is one part. Need

to know the state dog? The state boat? This site gives you a complete listing of state symbols. (Answer: Plott hound and shad boat, respectively.) Sections of the encyclopedia cover counties and communities, education, geography and government.

Agriculture Department (www.agr.state.nc.us/): Agriculture is the state's No. 1 industry, and this site's breadth and depth of information befits that status. The site branches out to cover just about everything related to North Carolina agriculture, from hay alerts to the location and operating hours of Kilbys Livestock Market (North Wilkesboro, Highway 115 near prison camp. Cattle sale at 1 p.m., swine at 1:30 and goats at 1:45).

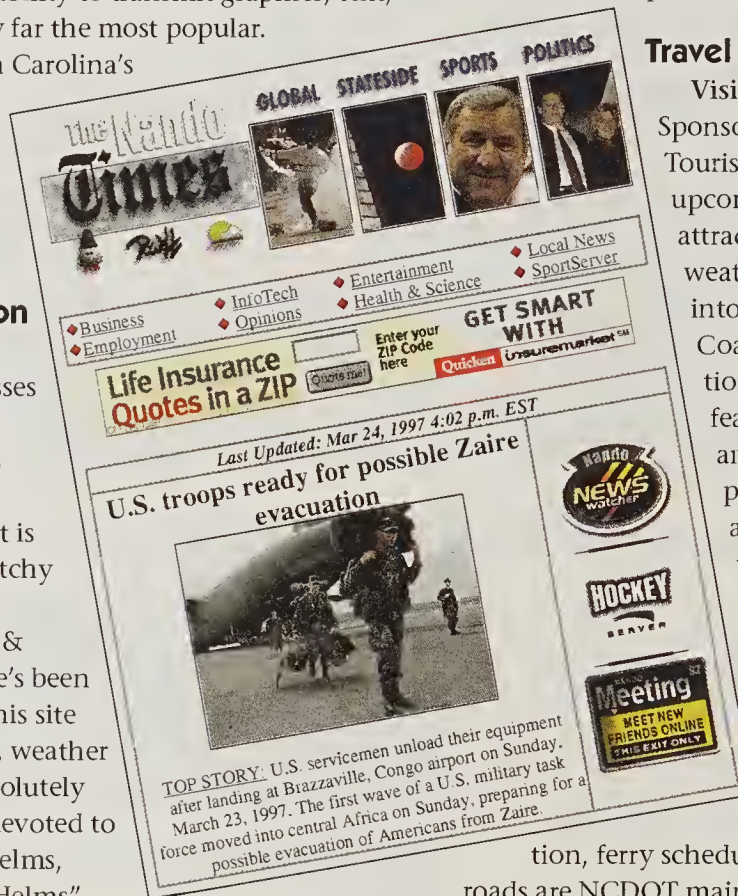
Travel & Tourism

Visit North Carolina (www.visitnc.com): Sponsored by the N.C. Division of Travel and Tourism, this site includes a weekly calendar of upcoming events and a list of the state's top attractions, in addition to lodging, travel and weather information. The site divides the state into three regions (Mountain, Heartland, and Coast) to make it easier to find the information you need. It also includes a "search" feature that allows you pinpoint attractions and accommodations that suit your own particular tastes, such as finding all bed-and-breakfast inns in the Asheville area that have in-room fireplaces.

Department of Transportation (www.dot.state.nc.us/DOT/): Need to know the Swan Quarter-Ocracoke ferry schedule? Where are the state's best bike routes? This site covers North Carolina's transportation system, including DOT job openings, vehicle registration information, ferry schedules and bike routes. (How many miles of roads are NCDOT maintained? 78,000, the nation's most extensive state-maintained road system.)

NC Natural (www.ncnatural.com): While this site bills itself as covering all of North Carolina, it's much stronger in the Piedmont and western sections. It features a terrific guide to the 469-mile-long Blue Ridge Parkway, including excellent color photos, and detailed information regarding adventure destinations, musical events and environmental organizations. Also included are monthly updates on art exhibits and music festivals.

Sandhills Electronic Magazine (www.sandhills.org): Interested in golfing at Pinehurst? Thinking about retiring to the North Carolina Sandhills? This site provides extensive coverage



about people, places and things to do, including shopping, golf, real estate, events, education and health care.

I-95 Exit Information Guide

(www.usastar.com/i95/homepage.htm): Strictly speaking, this isn't a pure North Carolina site, but it does provide a tremendous amount of information about the 200 miles of I-95 that snakes through the state from north to south. This site includes traveler alerts, construction and traffic reports, and information about fuel prices, rest stops, food, lodging and camping along the I-95 corridor. It also features links to discount coupons for lodging, attractions and restaurants.

North Carolina's Southeast (www.ncse.org): Southeast North Carolina should be proud of this excellent site that covers business development, education, tourism, sports, and on and on. Each county has its own home page, with numerous links to other related sites. Whether you're looking for information about vacationing on the state's southeast coast, or for buildings and office space to relocate or expand your business, this site has something for you.

The South's Coastal Directory (www.icw-net.com): While not devoted exclusively to North Carolina, this site covers the Intracoastal Waterway of North Carolina (a.k.a. "The Ditch") in grand fashion. This site includes summaries of the events and individuals that make up coastal North Carolina's rich history try the "Blackbeard" page at (www.ocracoke-nc.com/blackbeard/blcknc0a.htm), overviews of cities and towns, travel, lodging, and boating-hunting-fishing information.

Sports

North Carolina Tar Heels Basketball Page (www.cs.unc.edu/~chen/tarheels/tarheels.html): Maintained by ardent Tar Heel's basketball fan Dave Chen, this site doesn't have the slickness of sites for professional teams or those maintained by universities. What it does have is the passion and personality of a fan. The site has roster information, archive material dating back to 1981-82, and plenty of links to other North Carolina sports-related sites, including the Daily Tar Heel's sports section and links to other ACC sports-related sites and commercial sports servers such as ESPNNet.

The Carolina Panthers' WWW site (www.nfl.com/panthers): Produced by the National Football League, this site (like all NFL team sites) is attractive, comprehensive and current. The site includes a complete team roster, depth chart and team stats. Recent trades are covered and analyzed, and the site features video and audio clips of the team, its coaches and players.

The Official Site of the Charlotte Hornets (www.nba.com/hornets/): Includes features on individual Hornets players, up-to-date information about trades, records and trends, and links to numerous other sports sites.

Duke Sports Infonet (www.goduke.com): The official on-line service of Duke Athletics, this site covers everything about Blue Devil sports, including schedules, tickets, sports camps, events and an archive of team records. You can even download a Duke screen saver.

NC State Athletics: Varsity Sports (www2.ncsu.edu/ncsu/athletics/varsity/): Football, baseball, basketball, track, swimming, men and women's soccer, rifle, golf . . . the list goes on for this site's coverage of NC State's varsity athletic program. Like NC State's entire Web site (www.ncsu.edu), this is a well-maintained, attractive site that does the Wolfpack proud.

The Official UNC Athletic Department Web Site (www.adp.unc.edu/sis/athletics/home.html): Includes a day-to-day listing of UNC-Chapel Hill varsity sports activities, headlines, ticket information, press releases and more.

Everything for the Carolina-blue bleeding Tar Heel fan, with numerous links to all things related to UNC sports.

Cool Sites in General

Special Collections Library, Duke University (scriptorium.lib.duke.edu): This site includes selected digitized collections from Duke University's Special Collection Library, such as scanned pages and text from the writings of African-American women, Civil War women, and the Duke Papyrus Archive of 1,373 papyri from ancient Egypt. Also includes information about use of the collections, public rooms and exhibits, and grants, fellowships and awards. A valuable site for students and researchers, and for plain folk who are just interested in history, literature and culture.

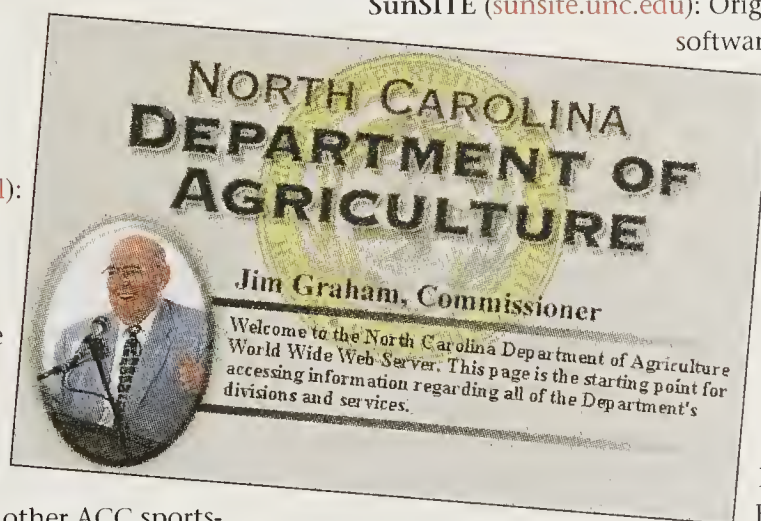
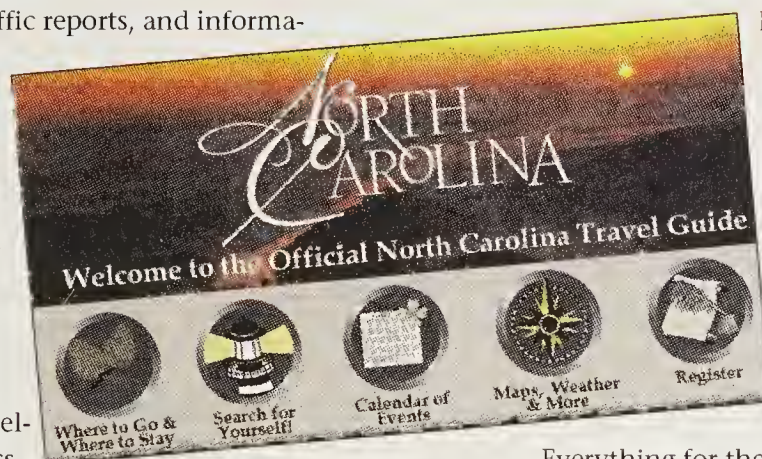
SunSITE (sunsite.unc.edu): Originally created to distribute software to operators of Sun equip-

ment, this site now contains an eclectic collection of software, art, information and fun, ranging from the unauthorized "Elvis home page" to the "Vatican Library Exhibit." Millions of people visit this site each day to download free software, link to government hypertexts (the White House, the National Trade

Data Bank, etc.), check the weather, access educational sites, and peruse the news. A terrific site that does North Carolina (and UNC-Chapel Hill) proud.

Genealogical Research in North Carolina (hal.dcr.state.nc.us/iss/gr/genealog.htm): A branch of the State Library of North Carolina, this site includes advice on getting started in genealogy, tracking North Carolina ancestors, lists of reference books, and links to numerous other genealogy-related sites in surrounding states and the Internet in general.

Jay Johnson is Corporate Communication Manager at Quintiles in Research Triangle Park.





Do-it-yourself skylight tube kits

If you prefer natural light, a low-cost, do-it-yourself skylight tube kit is an effective way to brighten a dark kitchen, bathroom or hallway.

The use of natural lighting as much as possible helps to conserve energy and reduce peak electricity generation demand. With its excellent color rendition, natural light is especially appealing for kitchens. Foods, particularly fresh vegetables and salads, look much more appetizing. Natural light is full-spectrum light which can help alleviate the winter "blues" from being trapped indoors under artificial light all day.

There are basically two reasonably-priced and attractive options for brightening your kitchen with natural light: a do-it-yourself skylight tube kit or a small high-efficiency standard skylight. If your ceiling is flat with an attic area above it, standard skylight installation can be tricky. A properly-shaped lightwell has to be built to get full advantage of a skylight.

A skylight tube kit is a fairly new natural lighting option ideal for kitchens, bedrooms, halls and walk-in closets. There are many innovative designs to meet most house and roof designs. I installed one in my garage where I build my race cars.

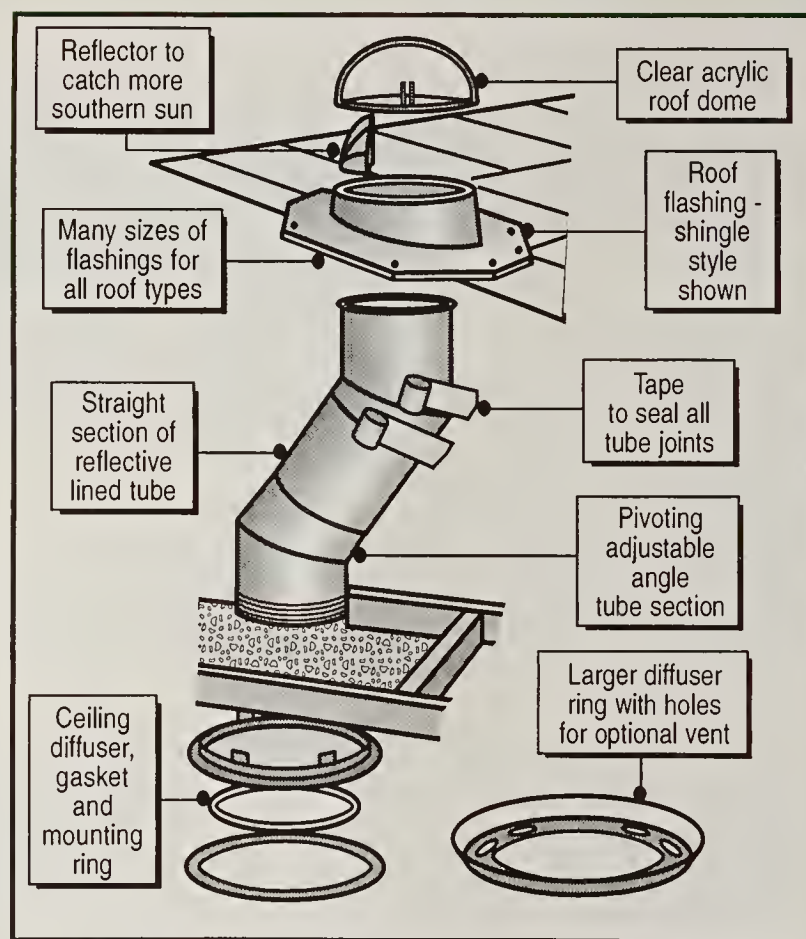
The basic design concept is a tube, between 10 and 20 inches in diameter, with a highly reflective-interior. The tube runs from the roof to the ceiling. Skylight tubes are easy to install yourself, so expensive outside labor costs are eliminated.

On a sunny day, a skylight tube can provide the equivalent lighting of ten 100-watt light bulbs. From indoors, it looks just like a bright globe light fixture on the ceiling. The top of the tube, which extends through the ceiling, is covered with a waterproof clear acrylic plastic dome.

The dome shape captures sunlight and is cleaned naturally whenever it rains. It extends only a few inches above the roof. An optional reflector can increase the brightness. The tube runs up from the ceiling to just above the roof. Since the various tube kit designs are sized to fit nicely between the roof rafters, minimum cutting is required. A complete do-it-yourself installation should take only about two hours.

Some designs use a reflective aluminum surface inside the tube. The sunlight bounces back and forth as it makes its way down into your kitchen, losing little of its brightness. Other designs use a special super-reflective film bonded to the inside of the tube.

If the attic space above the area where you need light has obstructions, choose a skylight tube made of flexible corrugated material. This special material is very reflective on the inside and can be bent and twisted in any direction. Several of the rigid tube designs have an angle sleeve. This allows the tube to change directions inside the attic and to easily match the slope of any roof or ceiling.



Easy-to-install skylight tube kit brightens room efficiently

Skylight tubes are much more efficient than standard skylights because they have so much less surface area. The long sealed tube, which is filled with air, forms an insulating column from the roof to the ceiling. When installed properly with the gaskets in the kit, there is no air leakage.

If you want a view of the stars in addition to natural lighting, you will have to install a standard skylight. Select a skylight with an insulated vinyl, fiberglass or thermally-broken aluminum frame. These minimize heat loss and frame condensation in the coldest winter weather. Some attractive designs use an interior wood frame with an exterior aluminum frame.

Skylight glazing options are critical for high efficiency. Triple-pane plastic, double-pane low-e argon gas-filled glass or Heat Mirror glass are the most efficient. The two most common types of plastic glazing are acrylic and polycarbonate. Durable acrylic retains nearly perfect clarity for years. Polycarbonate, often used as bulletproof glass, is 250 times more impact resistant than glass. Both block almost all of the sun's ultraviolet fading rays.

For a buyer's guide of nine do-it-yourself skylight tube kits which list sizes, features, prices, installation instructions, efficient skylight manufacturers and a sizing chart, write for Utility Bills Update No. 554. Please send \$2.00 and a business-size SASE to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244.

To rush delivery or read all previous James Dulley columns, see the World Wide Web site at <http://www.dulley.com>.

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Wildflowers of the Southern Appalachians: How to Photograph and Identify Them

Kevin Adams and Marty Casstevens
257 pages

Photographers and naturalists Kevin Adams and Marty Casstevens present a new book on our natural treasures — wildflowers. They offer identification as well as photography tips and conservation information. Adams considers the conservation element critical as more and more enthusiasts are drawn to the Southern Appalachians.

The region, encompassing sections of West Virginia, Kentucky, Tennessee, the Carolinas, Georgia and Alabama, is home to more than 2,500 species of flowering plants, with more than 200 found nowhere else in the world. The authors included 180 of the most common and those that also would provide exquisite photography subjects. They also offer advice on camera equipment, lighting and even coping with wind and ethical considerations.

Each page contains habitat and range information as well as a plant's family, blooming period and description. Beautiful, brilliant color photographs enhance the text. The book includes glossary, appendix and index.

Adams lives in High Point. He is a photographer and author of "North Carolina Waterfalls: Where to Find Them, How to Photograph Them." Casstevens, a naturalist and nature photographer, lives in Richmond.

Available for \$26.95 (softcover) from bookstores or John F. Blair, 1406 Plaza Drive, Winston-Salem 27103. Phone: (800) 222-9796.

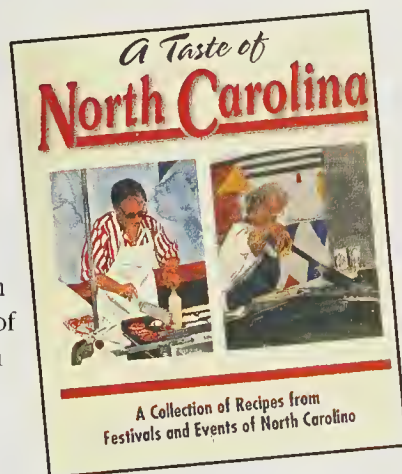
A Taste of North Carolina

191 pages

From the hardtack of Brunswick Town to the Christmas Cake of the Biltmore Estate, this is a collection of recipes — 139 of them — from festivals and events in North Carolina.

Produced in cooperation with the North Carolina Association of Festivals & Events, the collection includes descriptions of 71 festivals — from the Grifton Shad Festival to Shelby's Livermush Country and Banner Elk's Woolly Worm Festival. There's also an index of recipes and chronological calendar of even more events, complete with phone numbers for more information.

The book (plastic comb binding) costs \$14.95 (plus \$3 shipping and 6 percent sales tax in N.C.) from Bluewater Marketing, 207-B Antilles Court, Wilmington, NC 28405. Phone: (910) 791-7676.



Reynolda: History of an American Country House

Barbara Mayer 143 pages

In December, 1917, Reynolda, in the town of Winston, finally complete and ready for occupancy, was one of hundreds of imposing country estates built in the first three decades of the 20th century. Today Reynolda remains one of a small number of these still standing in its original form.

Sadly, owner R. J. Reynolds, founder of the tobacco empire that bears his name, barely lived to occupy his new home, but his wife Katharine brought it to its peak before her own premature death six years later.

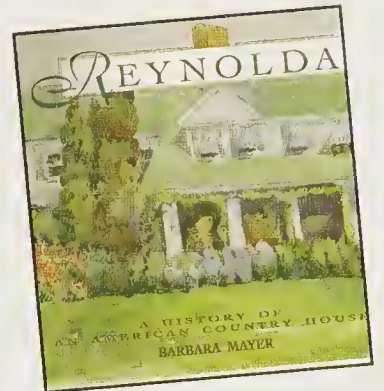
The 64-room mansion was not only a showplace, but a beacon in agriculture and family life with a 1,067-acre estate and 100 workers tending crops, dairy, farm animals, greenhouses and gardens as well as operating its two schools, post office and church.

Barbara Mayer traces Reynolda's history from its passing through Reynolds generations to its 1967 transformation into a museum of American. In 1953, part of Reynolda's acreage became the campus for relocation of Wake Forest College (now University).

Vintage photos, family anecdotes, foreword, introduction and index enhance the text.

Mayer, national home furnishings writer for the Associated Press, is also author of several other books on American decorative arts. She lives in Pound Ridge, NY.

Available for \$19.95 (hardcover) from bookstores or John F. Blair, 1406 Plaza Drive, Winston-Salem, NC 27103. Phone: (800) 222-9796.



Trails of the Triad

Trails of the Triangle

Allen de Hart

These guides describe walking trails in two increasingly urban areas of the state. The Triad guide contains more than 140 hikes, the Triangle guide more than 200, and all are within 50 miles of the cities. Trails include ones for foot travel as well as ones for bicycles and horses. The shortest is .2 mile, the longest 23.4 miles.

Allen de Hart is author of hiking guides to North Carolina, South Carolina and Virginia. He lives in Louisburg.

Each guide costs \$11.95 (softcover), and they are available at bookstores or from the publisher John F. Blair, 1406 Plaza Drive, Winston-Salem, NC 27103; (800) 222-9796.



The Albemarle

Surrounding the sound, this area is the cradle of North Carolina's civilization. Our gracious and faithful soul was born here.

The stately towns of Windsor, Hamilton, Murfreesboro, Edenton, Hertford and Elizabeth City rose during the heady days when trade flourished between Virginia and the waterways to the ocean, and plantations spread over the lyrically named river plains: Pasquotank, Perquimans, Chowan, Roanoke.

Respect for their heritage led Albemarle communities to maintain some of the finest examples of 18th and 19th century civilization in the state. A tour of the region is rewarded with an abundance of preserved and pretty places. In each you can learn about inspired politics: the Halifax Resolves, the Edenton Tea Party, John Harvey's vision, David Stone's leadership, the magnificence of Somerset Plantation, and the steadfast honor portrayed at Plymouth and Fort Branch.

From the north, the dominant Great Dismal Swamp is the wellspring the region's culture and enterprise. Today its Intracoastal Waterway brings boaters to the Albemarle.

And in between is a countryside of enduring peacefulness planted by Quakers who blessed its early years and nurtured now by communities who tend carefully their churches, yards and fields. Beauty, peace and quiet rise virtually everywhere, as though they define real civilization after all.



1803 Hope Plantation (left)
and historic Murfreesboro



Travel Information

Ahoskie C of C. (919) 332-2042.
Camden County Manager. (919) 338-1919.
Dismal Swamp Canal Welcome Center. (919) 771-8333.
Edenton-Chowan C of C. (919) 482-3400.
Elizabeth City C of C. (919) 335-4365.
Gates County Manager. (919) 357-1240.
Greater Tyrrell County C of C. (919) 796-1996.
Hertford County Economic Development. (919) 358-7805.
Historic Albemarle Tour. (919) 974-2950 / (800) 734-1117.
Martin County Travel & Tourism. (800) 776-8566.
Murfreesboro C of C. (919) 398-4886.
Perquimans County C of C. (919) 426-5657.
Tyrrell County Visitors Center. (919) 796-0723.
Washington County C of C. (919) 793-4804.
Williamston C of C. (919) 792-4131.
Windsor Area C of C. (919) 794-4277.

Recreation and Culture

Chowan Arts Council. (919) 482-8005.
Columbia Cultural Arts Resource Center. (919) 796-1000.
Historic Edenton Visitor Center. (919) 482-2637.
Historic Murfreesboro. 45 miles west of Elizabeth City. Early river port. (919) 398-5922.
Hope Plantation, Windsor. Restored, early 1800s home of N.C. Governor and U.S. Senator David Stone. (919) 794-3140.
Museum of Albemarle, U.S. 17, Elizabeth City. Exhibits of life in northeastern North Carolina. (919) 335-1453.
Newbold-White House. S.R. 1336, Hertford. State's oldest house. (919) 426-7567.
Partnership for the Sounds. Columbia. (919) 796-1000.
Pocosin Arts. (919) 796-2787.
Port O' Plymouth Museum. (919) 793-1377.
Roanoke River Partners. Windsor. (919) 794-2793.
S-Shaped Bridge. Hertford.
Scuppernong River Interpretive Boardwalk, Wetlands Walk. (919) 796-1000.

Parks, Monuments, Historic Sites

Confederate Monument. Dedicated to Gen. James Johnston Pettigrew and his command for their charge at Gettysburg.
Fort Branch Historic Site. Confederate earthworks. East of Hamilton. (919) 792-3001.
Great Dismal Swamp. Only live peat bog on the continent. (804) 986-3705.
Historic Columbia Walking Tour. (919) 796-2781.
Mackay's Island National Wildlife Refuge. Knotts Island. (919) 429-3100.
Merchants Millpond State Park. U.S. 158. (919) 357-1191.
Pettigrew State Park. Creswell. (919) 797-4475.
Pocosin Lakes National Wildlife Refuge. Creswell. (919) 797-4431.
Roanoke River National Wildlife Refuge. 10,000 acres. (919) 794-5326.
Somerset Place Historic Site. Near Creswell. Best example of slave-supported plantation life. (919) 797-4560.
Veteran's Park on the Scuppernong. (919) 796-1371.

Electric Cooperatives

Albemarle EMC (Hertford). (919) 426-5735.
Edgecombe-Martin County EMC (Tarboro). (919) 823-2171.
Roanoke Electric Cooperative (Rich Square). (919) 539-2236.
Tideland EMC (Pantego, Grantsboro, Ocracoke, Engelhard). (919) 943-3046.

Historic Halifax



Although towns formed here before they did anywhere else in the state, governments rise and fall like sand castles on the beach. Water, wind, and maybe whimsy as well, are the prime movers of the Outer Banks and Pamlico.

The Lost Colony didn't last on Roanoke Island. The Wright Brothers came and went. The great city of Portsmouth is a ghost town now. Settlers tried to live on Core Banks, but they moved on. Men tried to drain Mattamuskeet and gave up. Shad once ran abundantly up the sound, but now they're gone.

But while they were here, they loved it. They loved it as those here today love it. You can't help it. The light is lovelier here than anywhere, reflecting the sea and sounds, penetrating the soul of anyone who stays. The surf and breeze can carry away your cares and bring you something fresh and new.

Reverence and renewal guide this region. People revere the forces of nature, for the bounty it brings, for the culture it creates and leaves behind. And they set about renewing it all from time to time: the waterfronts at Columbia, Washington, New Bern and Beaufort; the museums of Currituck, Hatteras and Harkers Island.

They learn, it seems, from the amazing renewal of nature itself in the 130 miles of protected seashore and the eight national wildlife refuges. Thanks to the water and wind, this area will never be the same.



Travel Information

Aycock Brown Welcome Center, Kitty Hawk. (919) 261-4644.
Belhaven Community C of C. (919) 943-3770.
Carteret County C of C. (919) 726-6350.
Carteret County Tourism Bureau. (800) 786-6962 / (919) 726-8148.
Craven County Convention and Visitors Bureau. (800) 437-5767.
Greater Hyde C of C. (919) 925-5201.
Havelock C of C. (919) 447-1101.
Historic Bath Visitor Center. (919) 923-3971.

New Bern Area C of C. (919) 637-3111.
Ocracoke Visitor Center. (919) 928-4531.
Outer Banks C of C. (919) 441-8144.
Outer Banks Visitors Bureau. (800) 446-6262 / (919) 473-2138.
N.C. Ferries. (800) BY-FERRY.
Pamlico County C of C. (919) 745-4171.
Washington-Beaufort County C of C. (919) 946-9168.
Washington County C of C. (919) 793-4804.

Culture and Recreation

Attmore-Oliver House, New Bern. Built in 1790. (919) 638-8558.
Aurora Fossil Museum, Aurora. Geology of the coastal plain. (919) 322-4238.
Bank of Arts, New Bern. Home of the Craven Arts Council and Gallery. (919) 638-2577.
Belhaven Memorial Museum. Unusual collection. (919) 943-3055.
Bogue Inlet Pier. (919) 726-7021.
Carteret County Museum of History, Morehead City. (919) 247-7533.
Civil War Museum, New Bern. (919) 633-2818.
Coastal Engineering Research Center, Duck. 1,800-ft. research pier.
Colington Island. Site of the first permanent settlement on the Outer Banks.
Core Sound Waterfowl Museum, Harkers Island. (919) 728-1500.
Elizabethan Gardens, Roanoke Island. A memorial to English colonists. (919) 473-3234.
The Fireman's Museum, New Bern. (919) 636-4087.
Frisco Native American Museum and Natural History Center. (919) 995-4440.
Hatteras Fishing Center. The island's largest marina. (919) 986-2365.
Historic Bath Tour. (919) 923-3971.

"The Lost Colony." Outdoor symphonic drama, in summer, Roanoke Island. (800) 488-5012 / (919) 473-3414.
Old Town Beaufort Historic Site. Historic houses. (919) 728-5225.
Oregon Inlet Campground. Run by the National Park Service. (919) 473-2111.
Oregon Inlet Fishing Center. Center of sportfishing on the Outer Banks. (800) 272-5199 / (919) 441-6301.
Native American Museum and Natural History Center. Frisco. (919) 995-4440.
The New Bern Civic Theatre. (919) 633-0567.
North Carolina Aquarium at Pine Knoll Shores. (919) 247-4003.
North Carolina Aquarium on Roanoke Island. (919) 473-3494.
North Carolina Maritime Museum, Beaufort. (919) 728-7317.
Ocracoke Campground. Run by the National Park Service. (800) 365-CAMP.
Ocracoke Pony Pens. About six miles from Hatteras ferry landing.
Tryon Palace and Gardens, New Bern. Home of William Tryon, governor of the colony. (800) 767-1560 / (919) 638-5109.
"Worthy Is the Lamb." Musical drama at Crystal Coast Amphitheatre, Swansboro, during summer. (919) 393-8373.

Parks, Monuments, Historic Sites

Bodie Island Lighthouse, south of Nags Head. (919) 441-5711.
British Cemetery, Ocracoke. Memorial to four British sailors.
Cape Hatteras Lighthouse and Hatteras Island Visitor Center. Tallest lighthouse in the U.S. (919) 995-4474.
Cape Hatteras National Seashore. 75 miles. (919) 473-2111.
Cape Lookout Lighthouse. (919) 728-2250.
Cape Lookout National Seashore, Harkers Island office. (919) 728-2250.
Carrot Island/Rachel Carson Estuarine Sanctuary. Across Taylor's Creek from the Beaufort waterfront.
Cedar Island National Wildlife Refuge. (919) 225-2511.
Chicamacomico Lifesaving Station, Rodanthe. Restoration. (919) 987-2394.
Croatan National Forest. Southwest of New Bern. (919) 638-5629.
Currituck Lighthouse, Corolla. (919) 453-4939.
Elizabeth II State Historic Site. Reproduction of a 16th century English sailing vessel. Manteo. (919) 473-1144.
Fort Macon State Park. Off N.C. 58. One of the 10 most-visited state parks in the country. (919) 726-3775.

Fort Raleigh National Historic Site. Sir Walter Raleigh's "lost" colony. Roanoke Island. (919) 473-5772.
Goose Creek State Park. Washington. (919) 923-2192.
Hammocks Beach State Park. Accessible by ferry off N.C. 24. (910) 326-4881.
Jockey's Ridge State Park, Nags Head. East Coast's highest sand dune. (919) 441-7132.
Lake Mattamuskeet/Swan Quarter National Wildlife Refuge. (919) 926-4021.
Nags Head Woods Preserve. (919) 441-2525.
Neuse River Recreation Area. (919) 638-5628.
Ocracoke Lighthouse. (919) 928-4531.
Pea Island National Wildlife Refuge. Bird sanctuary. (919) 473-1131.
Portsmouth Island. Uninhabited fishing village maintained by the National Park Service. (919) 928-4361.
Saint Thomas Episcopal Church, Bath. Oldest church in North Carolina.
Theodore Roosevelt State Natural Area. Between Atlantic Beach and Pine Knoll Shores. (919) 726-3775.
Wright Brothers National Memorial, Kill Devil Hills. Site of first airplane flight. (919) 441-7430.

Electric Cooperatives

Cape Hatteras Electric Cooperative (Buxton). (919) 995-4088.
Carteret-Craven Electric Cooperative (Morehead City). (919) 247-3107.
Harkers Island EMC (Harkers Island). (919) 728-2593.
Tideland EMC (Pantego, Grantsboro, Ocracoke, Engelhard). (919) 943-3046.

South Coast

From Swansboro to Calabash, this coastline sparkles along Onslow Bay and tucks itself into Long Bay where you can actually see a sunset over the ocean.

The port of Wilmington with its historic district and upscale waterfront is the crown jewel. As the majestic Cape Fear River broadens, it passes Southport-by-the-Sea and rolls toward the point once called Cape Fair.

Gracious and gallant southern history is preserved at plantation houses and their grounds, Civil War forts, an American Revolution battlefield, the colonial Brunswick Town seaport and a WWII battleship.

Camp Lejeune, the world's most complete amphibious marine training base, dominates the region's northern reaches, and the expansive Holly Shelter Game Land shows its nature.

An intimacy with the sea gives the South Coast genuine fishing villages along the real Ocean Highway (U.S. 17), superb sailing in the Intracoastal Waterway, Bald Head lighthouse, seaside golf courses and family-friendly beach towns among its islands.



Orton Plantation Gardens

Travel Information

Bald Head Island Information Center. (800) 234-1666.
Burgaw Area C of C. (910) 259-9817.
Cape Fear Coast Convention and Visitors Bureau, Wilmington. (800) 222-4757 / (910) 341-4030.
Greater Hampstead C of C. (910) 270-9642.
Greater Jacksonville-Onslow C of C. (910) 347-3141.
Greater Topsail Area C of C. (800) 626-2780.
Greater Wilmington C of C. (910) 762-2611.
NC Brunswick Islands, Southport. (800) 795-7263.
Onslow County Tourism Dept. (800) 932-2144.
Pleasure Island C of C, Carolina Beach. (910) 458-8434.
South Brunswick Islands C of C, Shallotte. (800) 426-6644 / (910) 754-6644.
Southeastern Welcome Center, Inc. (910) 754-2505.
Southport-Oak Island C of C. (800) 457-6964 / (910) 457-6964.

Parks, Monuments, Historic Sites

Bald Head Island Lighthouse. Accessible by ferry.
The Battleship "North Carolina," Wilmington. Renovated World War II battleship. (910) 251-5797.
Brunswick Town State Historic Site. First settlement in the Cape Fear area. (910) 371-6613.
Carolina Beach State Park. U.S. 421. (910) 458-8206.
Fort Fisher National Historic Site, Kure Beach. Civil War site. (910) 458-5538.
Hammocks Beach State Park, Off NC 24. (910) 326-4881.
Moore's Creek National Battlefield. N.C. 210 NW of Wilmington. Revolutionary War site. (910) 283-5591.

Culture and Recreation

Airlie Gardens. Off U.S. 74. (910) 763-4646.
The Burgwin-Wright House, Wilmington. Three-level gentleman's townhouse. (910) 762-0570.
Camp Lejeune Marine Corps Base. (910) 451-1113.
Cape Fear Museum, Wilmington. Social and natural history of the Lower Cape Fear area. (910) 341-4350.
Chandler's Wharf, Wilmington. Riverfront shopping and dining.
The Cotton Exchange. North Front Street, Wilmington. Specialty shops and restaurants.
Greenfield Gardens. U.S. 421 south. (910) 341-7855.
Horse-drawn Carriage and Trolley Tours. (910) 251-8889.
North Carolina Aquarium at Fort Fisher. (910) 458-8257.
Opera House Theatre Company, Wilmington. (910) 762-4234.
Orton Plantation Gardens. South of Wilmington on N.C. 133. Former rice plantation. (910) 371-6851.
Poplar Grove Historic Plantation. U.S. 17 at Scotts Hill. (910) 686-9518.
Riverboat Cruises. (800) 676-0162.
St. John's Museum of Art, Wilmington. Encompassing the former St. Nicholas Greek Orthodox Church. (910) 763-0281.
Southport Maritime Museum. (910) 457-0003.
Southport Municipal Pier. Howe Street on the Cape Fear River.
Thalian Hall Center for the Performing Arts. (910) 343-3664.
Wilmington Adventure Walking Tours. (910) 763-1785.
The Wilmington Railroad Museum. (910) 763-2634.
Zebulon Latimer House, Wilmington. Four-story Italian Revival residence. (910) 762-0492.

Electric Cooperatives

Brunswick EMC (Shallotte, Whiteville, Oak Island, Bolivia). (910) 754-4391.
Four County EMC (Burgaw, Elizabethtown, Rose Hill). (910) 259-2171.
Jones-Onslow EMC (Jacksonville, Sneads Ferry). (910) 353-1940.



Wilmington waterfront

Roanoke Rapids to Kinston

This region's character comes from its rich, coastal plain farmland, its long-time role as a transportation corridor, and its development as a diversified society. It is authentic eastern North Carolina.

The state's best cotton, tobacco, corn and soybeans are produced here. Along these roads you can see old pack houses and newer bulk barns, historic auction warehouses, neatly planted fields that turn abundantly green, wagons loaded with firm cucumbers or compacted cotton, giant tractors, men and women working hard at a harvest.

Travelers have long found this a hospitable region. Railroads have connected all the cities. Routes 301 and I-95 are THE legendary north-south highways. Military aircraft command the sky. The Global TransPark soon will transform the region into a worldwide air shipping hub.

Even Sherman's army was not impeded in 1865 when it plundered this region. The southern portion, along the rich Neuse River plain, displays reminders of the Confederates' confrontation with Sherman. It all is explained at a state Historic Site in Bentonville. Although the plantation economy was finally laid to rest then, its elegant and fruitful aspects have been preserved in each county.

The area bred a population that has reckoned gradually and gracefully with its differences and its common destiny. Today, the amazing mix of people work and grow well together. Any place that produced Ava Gardner and Thelonius Monk must be doing something well.



Benson C of C. (919) 894-3825.
C of C of Wayne County. (919) 734-2241.
Clayton C of C. (919) 553-6352.
Eastern N.C. C of C. (919) 237-5151.
Farmville C of C. (919) 753-4670.
Greater Smithfield-Selma Area C of C. (919) 934-9166.
Greenville/Pitt County Convention & Visitors Bureau. (800) 537-5564.
Halifax County Tourism. (800) 522-4282.
Johnston County Visitors Bureau. (800) 441-7829.
Kinston-Lenoir County C of C. (919) 527-1131.
Kinston Convention & Visitors Bureau. (919) 523-2500.
Lagrange C of C. (919) 527-1500.
Mt. Olive Area C of C. (919) 658-3113.

Culture and Recreation

Arts Council of Wilson. (919) 291-4329.
Atkinsons Mill. 238-year-old operating grist mill, outside Selma. Tours. (919) 965-3547.
Ava Gardner Museum. All about the legendary actress and county native. Smithfield. (919) 934-5830.
Blount-Bridgers House, Tarboro. 1808 plantation home includes the Hobson Pittman Memorial Art Gallery. (919) 823-4159.
Boyette-Slade and School House. Historic, one-room log house. Kenly. (919) 284-2911.
Buck Spring Plantation, Warrenton. Home of early political leader. (919) 257-3640.
Community Council for the Arts, Kinston. Galleries, studios, historic district. (919) 527-2517.
Country Doctor Museum. Only such museum in the U.S. (919) 235-4165.
East Carolina Village of Yesteryear, Greenville. Agricultural life of the area from 1840-1940. On county fairgrounds. (919) 758-6385.
Factory Stores of America. Headquarters and over 50 outlets. Smithfield. (919) 934-9446.
Greenville Museum of Art. (919) 758-1946.
Grifton Depot, Grifton. 1920 railroad depot. (919) 524-5169.
Grifton Historical Museum, Grifton. (919) 524-5168.
Harmony Hall, Kinston. Once owned by 1770s Gov. Richard Caswell. (919) 522-0421.
Imagination Station, Wilson. Hands-on museum geared to children. (919) 291-5113.
JR's Tobacco & Fragrance Outlet. Selma. (919) 965-5055.
Robert Lee Humber House, Greenville. Contains eastern office of state Division of Archives and history. (919) 830-6580.
Stonewall, Rocky Mount. 1830 plantation house with furnishings. (919) 443-4148.
Tarboro Historic District & National Recreation Trail. For a guide: (800) TARBORO.
Tobacco Farm Life Museum, Kenly. (919) 284-3431.
Wayne County Museum, Goldsboro. (919) 734-5023.
Wilson Theatre-Grady Building, Wilson. Vaudeville theater under restoration. (919) 291-8281.



Johnston County

Travel Information

Nash County Travel & Tourism Council. (800) 849-6825.
N.C. Welcome Center (I-95 North). (919) 537-9836.
N.C. Welcome Center (I-85 North). (919) 456-3236.
Pitt-Greenville C of C. (919) 752-4101.
Roanoke Valley C of C. (800) 522-4282.
Rocky Mount Area C of C. (800) 849-6825 / (919) 442-5111.
Scotland Neck Business Bureau. (919) 826-3917.
Tarboro Edgecombe C of C. (919) 823-7241.
Wilson C of C. (919) 237-0165.
Wilson Visitors Bureau. (800) 497-7398 / (919) 243-8440.

Parks, Monuments, Historic Sites

Bentonville Battleground, Newton Grove. Site of one of the last great Civil War battles. (910) 594-0789.
Charles B. Aycock Birthplace, Freemont. 1846 coastal cottage where the governor was born. (919) 242-5581.
Clemmons State Forest. Educational forest in Clayton. (919) 553-5651.
Cliffs of the Neuse State Park, Seven Springs. 751 acres riverfront. (919) 778-6234.
CSS Ram Neuse State Historic Site and Richard Caswell Memorial, near Kinston. Restored remains of Neuse ironclad vessel. (919) 522-2091.
Historic Halifax. Restored buildings tell of early Roanoke Valley life. (919) 583-7191.
May Museum and Park, Farmville. May family artifacts. (919) 753-5814.
Medoc Mountain State Park, Halifax County. 2,287 acres. (919) 445-2280.
River Park North, Greenville. (919) 830-4562.
Waynesborough State Park, Goldsboro. 142 acres. (919) 580-5391.

Electric Cooperatives

Edgecombe-Martin County EMC (Tarboro). (919) 823-2171.
Halifax EMC (Enfield). (919) 445-5111.
Pitt & Greene EMC (Farmville). (919) 753-3128.
Roanoke Electric Cooperative (Rich Square). (919) 539-2236.
Tri-County EMC (Dudley). (919) 735-2611.



Benson's Mule Days

Pine Plains

Early explorers called this Pine Plains because of the tall pine forests and sandy plains that dominate the region between the Lumber, Cape Fear and Black rivers.

There are natural features here that you won't find anywhere else. Among vast pine barrens are the famous Carolina Bays, probably formed by a massive meteor cascade, containing unusual fish and plants. It's delightful in all seasons, especially from a canoe in the quiet rivers. Red Springs, in fact, grew because of its healthful nature. At Lake Waccamaw, you can feel the relaxing transformation that the clear water of the area can impart.

The population centers of Fayetteville, Lumberton, Elizabethtown, Whiteville, Clinton and Kenansville each has a distinctive personality formed by the influences of farming, manufacturing and the military.

Lumbee Indian society prevails in the western sections, and the heritage is displayed at Pembroke. Fort Bragg has shaped the northern part for more than 70 years. Duplin County has a genteel farming heritage and is famous for developing the muscadine grape. Lakes and rivers dominate Bladen County. And Columbus County reflects an industrial prowess. Touring the Cape Fear River plain and the Green Swamp (140 square miles) instills a deep respect for the vast forests of the Pine Plains.



Travel Information

Clinton Area C of C. (919) 592-6177.
Duplin County Tourism. (800) 755-1755 / (910) 296-2180.
Elizabethtown-White Lake C of C. (910) 862-4368.
Fair Bluff C of C. (910) 649-7202.
Fayetteville Area C of C. (910) 483-8133.
Fayetteville Area Convention & Visitors Bureau. (800) 255-8217 / (910) 483-5311.
Greater Chadbourn C of C. (910) 654-3445.
Greater Whiteville C of C. (800) 538-2449 / (910) 642-3171.
Historic Fayetteville Foundation. (910) 863-4379.

Kenansville Area C of C. (910) 296-0369.
Lumberton Area C of C and Visitors Bureau. (800) 359-6971 / (910) 739-9999.
Old Fayetteville Association. (910) 483-2073.
Pembroke C of C. (910) 521-9758.
Red Springs C of C. (910) 843-5441.
Saint Pauls C of C. (910) 865-3890.
Spring Lake Area C of C. (910) 436-1111.
Tabor City C of C. (910) 653-2031.
Wallace C of C. (910) 285-4044.
Warsaw C of C. (910) 293-7804.

Culture and Recreation

Bow Street Commons, Fayetteville. Restored mercantile area.
Cowan Museum, Kenansville. (910) 296-2149.
Duplin Wine Cellars. U.S. 117, Rose Hill. (910) 289-3888.
Elwell Ferry, Bladen County. (910) 862-3396.
Fayetteville Market House, a historic market building landmark.
Flora Macdonald Campus and Gardens, Red Springs. (910) 843-5000.
John F. Kennedy Special Warfare Museum, Ft. Bragg. (910) 432-1533.
Liberty Hall Plantation, Kenansville. (910) 296-2175.
Museum of the Cape Fear, Fayetteville. (910) 486-1330.
N.C. Indian Cultural Center, Pembroke. (910) 521-2433.
Pembroke State University and American Indian Resource Center. (910) 521-6266.
Pope Air Force Base, inside Ft. Bragg. Limited tours. (910) 394-4183.
Robeson County Historical Showcase Museum, Lumberton. (910) 738-7979.
Robeson County Planetarium. (910) 739-3302.
World's Largest Frying Pan. Town Square, Rose Hill.

Parks, Monuments, Historic Sites

Bladen Lakes Educational State Forest, Elizabethtown. (910) 588-4964.
Fort Bragg Military Reservation and 82nd Airborne Division War Memorial. (910) 432-3443.
Heritage Square, Fayetteville. (910) 483-6009.
Jones Lake State Park, Elizabethtown. (910) 588-4550.
Lake Waccamaw State Park. (910) 646-4748.
Lumber River State Park, Orrum. (910) 628-9844.
Moore's Creek National Battlefield, Currie. Revolutionary War site. (910) 283-5591.
Singleton Lake State Park, Kelly. (910) 669-2928.
Turn Bull Creek Educational State Forest, Elizabethtown. (910) 588-4161.

Electric Cooperatives

Brunswick EMC (Shallotte, Whiteville, Oak Island, Bolivia). (910) 754-4391.
Four County EMC (Burgaw, Elizabethtown, Rose Hill). (910) 259-2171.
Lumbee River EMC (Red Springs, Fairmont, Lake Rim, Laurinburg, Lumberton, Raeford). (910) 843-4131.
South River EMC (Dunn, Stedman, Anderson Creek). (910) 892-8071.



Antiques in Lumberton.

University of North Carolina at Pembroke.

Here is the hub of North Carolina – the official center of government, education, history, art, music, medicine, research and, in some seasons, college basketball.

The Triangle reaches from Raleigh, Durham and Chapel Hill into the surrounding countryside where citizens remain only as connected to the spokes as they choose. The collective population is about 1 million.

Anointed recently as one of the nation's best places to live and work, the Triangle also attracts a steady stream of visitors to its museums, handsome capitol building and government halls, fine universities, historic districts, renowned hospitals, competitive sporting events, the state fair, and cosmopolitan restaurants and shopping centers.

Just beyond the urban centers is an enviable collection of protected parks and wild areas – Eno River, Haw River, Falls Lake, Jordan Lake, Kerr Lake, Umstead Park, Duke Forest.

Some determined natives lament the fading of a North Carolina accent from the Triangle, while others embrace the mixing of cultures that has occurred here for two centuries. But if you look and listen long and hard – at a legislative committee hearing, or the Hillsborough court house, or the state farmers market, or a Franklin County church supper – you'll understand where you are.



On the Eno River



Cameron Indoor Stadium

Travel Information

Apex C of C. (919) 362-6456.
Capital Area Visitor Center. (919) 733-3456.
Cary C of C. (919) 467-1016.
Chapel Hill Carrboro C of C. (919) 967-7075.
Chapel Hill/Orange County Visitors Bureau.
(888) 968-2060 / (919) 968-2060.
Chatham County United C of C. (919) 742-3333.
Durham Convention and Visitors Bureau. (919) 687-0288. <http://dcvb.durham.nc.us>
Franklin County C of C. (919) 496-3056.
Fuquay-Varina Area C of C. (919) 552-4947.
Garner C of C. (919) 772-6440.

Parks, Monuments, Historic Sites

Ayr Mount, Hillsborough. One of NC's finest plantation houses. (919) 732-6886.
B. Everett Jordan Lake. U.S. 64. 47,000-acre recreational lake. (919) 362-0586.
Bennett Place State Historic Site, Durham. Meeting place for Civil War generals. (919) 383-4345.
Burwell School, Hillsborough. Historic house. (919) 732-7741.
Duke Forest, Durham. 8,300-acre natural area and environmental laboratory. (919) 613-8013.
Duke Homestead and Tobacco Museum, Durham. Ancestral home of the Duke family. (919) 477-5498.
Durham Bulls. Class A farm team of the Atlanta Braves. (919) 956-BULL.
Eno River State Park/West Point on the Eno. North Durham. (919) 383-1686.
Falls Lake. Northwest of Raleigh. (919) 676-1072.
Historic Stagville, Durham. Center for the study and teaching of preserving wooden buildings. (919) 477-9835.
Kerr Reservoir. 50,000-acre park extending into Virginia. North of Henderson. (919) 438-7791.
Lake Wheeler. South of Raleigh. (919) 662-5704.
Montrose Gardens, Hillsborough. (919) 732-7787.
North Carolina Botanical Garden. Off U.S. 15-501 Bypass. (919) 962-0522.
North Carolina Collection Gallery, Chapel Hill. Exhibits on NC history and University of North Carolina history. (919) 962-1172.
N.C. State University Arboretum, Raleigh. (919) 515-3132.
Pullen Park, Raleigh. Features a restored 1911 Denzel carousel. (919) 831-6468.
Ruffin-Roulhac House, Hillsborough. Large estate constructed in the 1820s. (919) 732-2104.
Sarah P. Duke Gardens. At Duke University, Durham. 55 landscaped areas. (919) 684-5579.
University Lake, Chapel Hill. (919) 942-8007.
William B. Umstead State Park. (919) 787-3033.

Granville County C of C. (919) 693-6125.
Greater Durham C of C. (919) 682-2133.
Greater Raleigh C of C. (919) 664-7032.
Greater Raleigh Convention and Visitors Bureau.
(800) 849-8499 / (919) 834-5900.
Henderson-Vance County C of C. (919) 438-8414.
Hillsborough Area C of C. (919) 732-8156.
Morrisville C of C. (919) 380-9026.
Roxboro Area C of C. (919) 599-8333.
Wake Forest Area C of C. (919) 556-1519.
Wendell C of C. (919) 365-6318.
Zebulon C of C. (919) 269-6320.

Culture and Recreation

Ackland Art Museum, Chapel Hill. (919) 966-5736.
Artspace. Gallery with artists' studios. (919) 821-2787.
Carolina Theatre, Durham. Film festivals to live performances. (919) 560-3040.
Cedar Creek Craft Gallery, Creedmoor. (919) 528-1041.
City Gallery of Contemporary Art. National and regional artists. (919) 839-2077.
City Market, Raleigh. Spanish mission-style 1914 marketplace. (919) 828-4555.
Duke University, Durham. (919) 684-2323.
Duke University Museum of Art, Durham. (919) 684-5135.
Durham Arts Council, Durham. Three art galleries and home to 18 arts organizations. (919) 560-2787.
Executive Mansion (Governor's residence), Raleigh. (919) 733-3456.
Historic Hillsborough. Over 100 late 18th and early 19th century structures. (919) 732-7741.
The Horace Williams House, Chapel Hill. (919) 942-7818.
The Legislative Building. (919) 733-7928.
Mordecai Historic Park, Raleigh. (919) 834-4844.
Morehead Planetarium. (919) 549-6863.
North Carolina Museum of Art, Raleigh. State-funded art museum. (919) 839-6262.
North Carolina Museum of History, Raleigh. (919) 715-0200.
North Carolina Museum of Life and Science, Durham. Premier museum for children in the Triangle. (919) 471-4294.
North Carolina State Farmers Market, Raleigh. (919) 733-7417.
North Carolina State Museum of Natural Sciences, Raleigh. Focuses on natural history and environment of North Carolina. (919) 733-7450.
North Carolina State University, Raleigh. (919) 515-2011.
North Carolina Symphony. (919) 733-2750.
North Carolina Theatre. (919) 831-6941.
Oakwood Historic District, Raleigh. 400 private homes from 19th century. (919) 733-3456.
Orange County Historical Museum, Hillsborough. Depicts lifestyles from the time of the Indians through the Civil War era. (919) 732-2104.
Raleigh Little Theatre. (919) 821-4579.
The State Capitol. (919) 733-4994.
Triangle SportsPlex, Hillsborough. (919) 644-0339.
The University of North Carolina at Chapel Hill. Self-guided tours: (919) 962-1630.
Village of Fearrington, near Pittsboro. Country village with fine shops, inn and 5-star dining. (919) 542-4000.
Wakefield/Joel Lane House. Oldest home in Raleigh. (919) 833-3431.

Electric Cooperatives

Piedmont EMC (Hillsborough, Roxboro). (919) 732-2123.
Wake EMC (Wake Forest, Zebulon). (919) 54-6300.

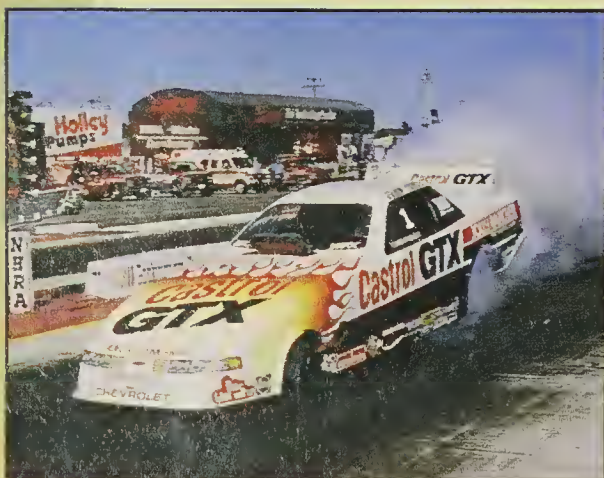
The Sandhills

Many of North Carolina's best-known qualities are concentrated among these rolling hills of sandy soil: the 60-degree average temperature, longleaf pines, friendly towns, golf courses and car racing.

Pinehurst, Southern Pines, Whispering Pines — these places developed as resorts because of their charming surroundings. Transplants from all over retire here. This is, after all, the golf capital of the world.

Passenger rail travel boosted the development and is celebrated at Hamlet. Car racing continues to fuel it and is celebrated at Rockingham. In between are the more leisurely paced pursuits of horseback riding and bicycling so well suited to the terrain.

Its western edge contains the ancients: Uwharrie mountains and forest, the river named Pee Dee (Catawba phrase for "something good"), and 500-year-old Town Creek Indian Mound ceremonial grounds.



Rockingham Dragway

Angier C of C. (919) 639-2500.
Convention and Visitors Bureau for the Village of Pinehurst, Southern Pines and Aberdeen Area. (800) 346-5362 / (910) 692-3330.
Dunn Area C of C. (910) 892-4113.
Erwin Area C of C. (910) 897-7300.
Laurinburg/Scotland County Area C of C. (910) 276-7420.

Travel Information

Lillington Area C of C. (910) 893-3751.
Montgomery County C of C. (910) 572-4300.
Raeford-Hoke C of C. (910) 875-5929.
Richmond County C of C, Rockingham. (800) 858-1688 / (910) 895-9058.
Sandhills Area C of C. (910) 692-3926.
Sanford Area C of C. (919) 775-7341.

Culture and Recreation

Bethesda Church and Cemetery, Aberdeen. 1790 historic church. (910) 944-1319.
Cameron Historic District. 19 historic places. Antique fairs in May and October. (910) 245-3697.
Midland Crafters, on N.C. 2. Sells the work of many regional craftspeople. (910) 295-6156.
N.C. Motor Speedway, Rockingham. Major NASCAR races. (910) 582-2861.
National Railroad Museum and Hall of Fame, Hamlet. Railroad memorabilia.
The Performing Arts Center, Southern Pines. Performances by resident groups. (910) 692-3799.
Rankin Museum of American Heritage, Ellerbe. Traces humankind's adaptation to environment. (910) 652-6378.
Sandhills Women's Exchange, Pinehurst. Handmade early-American crafts and baked goods. (910) 295-4677.
Seagrove Potters. Pottery country. Most studios open to the public.
Tufts Archives, Pinehurst. James Walker Tufts' dream of Pinehurst displayed. (910) 295-3642.

Parks, Monuments, Historic Sites

The House in the Horseshoe State Historic Site. S.R. 1644, near Sanford. Colonial plantation home. (910) 947-2051.
Malcolm Blue Farm, Aberdeen. Antebellum farm on National Register of Historic Places. (910) 944-3840.
Sandhills Horticultural Garden, Pinehurst. Replica of a formally landscaped Elizabethan garden. (910) 692-6185.
Shaw House, Southern Pines. 1840 Antebellum home of sturdy simplicity; home of Moore County Historical Association. (910) 692-2051.
Town Creek Indian Mound, near Mt. Gilead. 500-year-old burial site. (910) 439-6802.
Uwharrie National Forest. N.C. 24/27, east of Albemarle. (910) 576-6391.
Weymouth Woods Nature Preserve, Southern Pines. 600 acres of natural area, plus hiking trails. (910) 692-2167.

Electric Cooperatives

Central EMC (Sanford). (919) 774-4900.
Lumbree River EMC (Red Springs, Fairmont, Lake Rim, Laurinburg, Lumberton, Raeford). (910) 843-4131.
Randolph EMC (Asheboro, Robbins). (910) 625-5177.
Pee Dee EMC (Wadesboro, Rockingham). (704) 694-2114.
South River EMC (Dunn, Stedman, Anderson Creek). (910) 892-8071.



National Railroad Museum (top), Pinehurst Hotel & Country Club

You might say that this is the heart of North Carolina. Settled by kind and gentle people, such as Moravians and Quakers, the region evolved into the source of North Carolina's refinement.

Here are the unrivaled sources of the state's furniture, cigarettes, shortbread and barbecue. Here, too, are the finest living history museums, performing arts school and ceramic crafts. And behind them all are the kindhearted communities that gave rise to the image of television's Mayberry.

Surrounding the Triad cities are the epitome of North Carolina's dedicated communities: textile works, orderly farms, peaceful churches and friendly main streets. Natural features such as Pilot Mountain, Hanging Rock and Yadkin River help explain the steady, piedmont character. And it's out here that you can taste a real "sonker" if you know where to look.



*Furniture Discovery Center,
High Point*



Travel Information

Alamance County Area C of C. (704) 228-1338.
Archdale-Trinity C of C. (910) 434-2073.
Asheboro/Randolph C of C & Tourism Bureau. (910) 626-2626.
Burlington & Alamance County Convention and Visitors Bureau. (800) 637-3804 / (910) 570-1444.
Caswell County C of C. (910) 694-6106.
Davie County C of C. (704) 634-3304.
Eden C of C. (910) 623-3336.
Greater Elkin-Jonesville-Arlington C of C. (910) 526-1111.
Greater Mount Airy C of C. (910) 786-6116.
Greensboro Area C of C. (910) 275-8675.
Greensboro Area Convention and Visitors Bureau. (800) 344-2282.
High Point C of C. (910) 889-8151.

High Point Convention and Visitors Bureau. (800) 720-5255 / (910) 884-5255.
Kernersville C of C. (910) 993-4521.
King C of C. (910) 983-9308.
Lexington Area C of C. (704) 246-5929.
Mount Airy Visitor Center. (910) 789-4636.
Piedmont Triad Visitor Center. (800) 388-9830 / (910) 388-9830.
Reidsville C of C. (910) 349-8481.
Thomasville Area C of C. (910) 475-6134.
Western Rockingham C of C. (910) 548-6248.
Winston-Salem C of C. (910) 725-2361.
Winston-Salem Convention and Visitors Bureau. (800) 331-7018 / (910) 725-2361.
Winston-Salem Visitors Center. (800) 331-7018 / (910) 797-3796.
Yadkin County C of C. (910) 367-7251.

Culture and Recreation

Alamance Country Historical Museum. N.C. 62. (910) 226-8254.
Andy Griffith Playhouse, Mount Airy. (910) 786-7998.
Angela Peterson Doll and Miniature Museum, High Point. South's largest doll museum. (910) 885-3655.
The Bernice Bienenstock Furniture Library, High Point. 7,000 volumes on furniture, design and the decorative arts. (910) 883-4011.
Burlington Manufacturers Outlet Center. I-85/ I-40, Burlington. Exit 145. 75 outlets.
Burlington Carousel-Restored. 1910 Carousel. (910) 222-5030.
The Carolina Theater, Greensboro. Restored 1927 vaudeville-style theater. (910) 333-2600.
Delta Arts Center, Winston-Salem. African-American arts and humanities. (910) 722-2625.
The Diggs Gallery, Winston-Salem State University. African-American and contemporary art. (910) 750-2458.
Edwards-Franklin House, Surry County. 1799 plantation house museum of Surry County Historical Society. (910) 786-8359.
Emerald Point, Greensboro. Water amusement park. (910) 852-9721.
Fiddle and Bow, Winston-Salem. Triad's traditional music society. (910) 727-8100.
The Furniture Discovery Center, High Point. (910) 885-3655. (910) 885-6859.
The Gallery at Old Salem, Winston-Salem. (910) 721-7300.
The Greensboro Cultural Center at Festival Park. Home to 25 visual- and performing-arts organizations, five art galleries, restaurants, and an amphitheater.
Greensboro Historical Museum. History of the city and surrounding area. (910) 373-2043.
High Point Historical Museum. (910) 885-6859.
Korner's Folly, Kernersville. 1880 restored tour house filled with interior design wonders. (910) 996-7922.
Market Square, High Point. Renovated chair factory with 100 contemporary showrooms. (910) 884-5255.
Mattye Reed African Heritage Center, Greensboro (N.C. A&T University). Over 3,500 African art objects. (910) 334-7874.
Museum of Anthropology, Winston-Salem. (910) 759-5282.
The Museum of Early Southern Decorative Arts, Winston-Salem. (910) 721-7360.
The Natural Science Center of Greensboro. Hands-on museum, zoo, and planetarium. (910) 288-3769.
North Carolina School of the Arts, Winston-Salem. First state-supported arts school in the nation. (910) 721-1945.

Old Greensboro Preservation Society. Self-guided walking tour of downtown. (910) 272-6617.
Piedmont Blues Preservation Society, Greensboro. (910) 299-4476.
Piedmont Chamber Singers, Winston-Salem. (910) 722-4022.
Piedmont Craftsmen, Inc., Winston-Salem. Represents 300+ of the Southeast's finest craftsmen. (910) 725-1516.
Piedmont Opera Theatre, Winston-Salem. (910) 723-7919.
R.J. Reynolds Tobacco USA, Winston-Salem. Cigarette manufacturing facility and museum. (910) 741-5718.
Reynolds House Museum of American Art, Winston-Salem. American art displayed in the former home of R.J. Reynolds. (910) 725-5325.
Richard Petty Museum, Level Cross. (910) 495-1143.
Sawtooth Building, Winston-Salem. Houses three art galleries. (910) 725-8916.
Seagrove. U.S. 220, south of Greensboro. Town with over 20 active potteries.
SciWorks, Winston-Salem. Science Museum and Environmental Park. (910) 767-6730.
Southeastern Center for Contemporary Art, Winston-Salem. (910) 725-1904.
The Springfield Museum of Old Domestic Life, High Point. (910) 889-4911.
Theatre Art Galleries, High Point. Encompasses three exhibition areas. (910) 887-3415.
Weatherspoon Art Gallery, Greensboro. 4,000 works of primarily contemporary American art. (910) 334-5770.
Winston-Salem Piedmont Triad Symphony Orchestra. (910) 723-7919.
World's Largest Chest of Drawers, High Point. 32 ft. tall. (910) 883-2016.

continued on next page



*North Carolina Zoological Park,
Asheboro*

Piedmont Triad

Parks, Monuments, Historic Sites

- Alamance Battleground.** N.C. 62. Site of the battle that ended the War of the Regulation. (910) 227-4785.
- Blandwood Mansion,** Greensboro. (910) 272-5003.
- Boone's Cave State Park.** N.C. 150, on the Yadkin River. (704) 528-6514.
- Bryan Park.** U.S. 29. On southern shore of 1,500-acre Lake Townsend. (910) 621-3583.
- Charlotte Hawkins Brown Memorial State Historic Site.** U.S. 70, Sedalia. On the campus of the former Palmer Memorial Institute (prestigious preparatory school for African Americans). (910) 449-4846.
- Chinqua-Penn Plantation,** Reidsville. 1920s country manor filled with eclectic art. (910) 349-4576.
- City Lake Park,** High Point. (910) 887-2511.
- Guilford Courthouse National Military Park.** Site of an important Revolutionary War battle. (910) 288-1776.
- Hanes Park.** Largest park in Winston-Salem. (910) 727-2137.
- Hanging Rock State Park.** N.C. 89, north of Winston-Salem. Largest state park in the Piedmont. (910) 593-8480.
- Historic Bethabara Park,** Winston-Salem. First Moravian settlement. (910) 924-8191.
- Horne Creek Living Historical Farm,** Surry County. Recreates life and work of 1900-1910. (910) 789-4636.
- Jaycee and Country Parks.** North of Greensboro on U.S. 20. (910) 288-2043.
- Mendenhall Plantation,** Jamestown. Early 19th century Quaker Plantation. (910) 454-3819.
- North Carolina Zoological Park.** U.S. 220 near Asheboro. Large, natural-environment zoo. (910) 879-7000.
- Oak Hollow Lake Park,** High Point. (910) 883-3418.
- Old Mill of Guilford.** N.C. 68, Oak Ridge. Working mill dating back to 1745. (910) 643-4783.
- Old Salem,** Winston-Salem. 18th- and 19th-century Moravian town. (910) 721-7300.
- Piedmont Environmental Center.** Hiking trails, educational programs and the new NC Mapscape. (910) 454-4214.
- Pilot Mountain State Park.** U.S. 52, northwest of Winston-Salem. The area's most distinctive geologic attraction. (910) 325-2355.
- Reynolda Gardens,** Winston-Salem. (910) 725-5325.
- Tanglewood.** U.S. 158, south of Winston-Salem. 1,152-acre park. (910) 766-0591.
- Tannenbaum Park,** Greensboro. Features restored Revolutionary War house. (910) 545-5315.
- Wright Tavern.** Wentworth. Restored 19th century tavern with rare "Dog Run" architecture. (910) 342-5901.

Electric Cooperatives

- Crescent EMC** (Statesville, Mocksville, Cornelius, Taylorsville). (704) 873-5241.
- Davidson EMC** (Lexington, Madison). (910) 249-3131.
- Piedmont EMC** (Hillsborough, Roxboro). (919) 732-2123.
- Randolph EMC** (Asheboro, Robbins). (910) 625-5177.
- Surry-Yadkin EMC** (Dobson). (910) 386-8241.

Special Edition SEE North Carolina

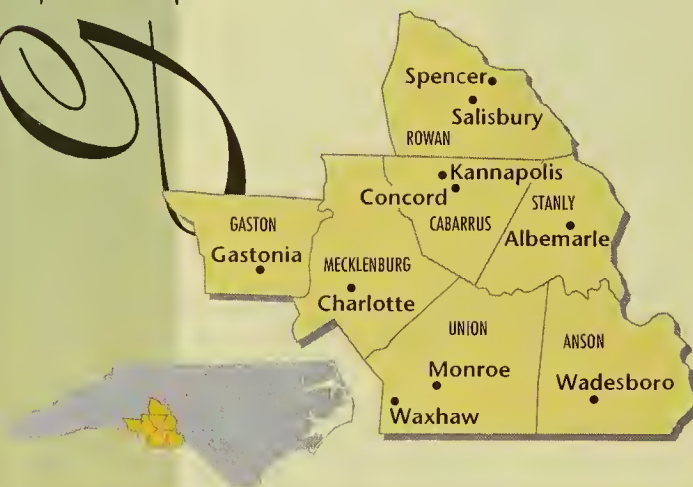
Greater Charlotte

Ever since they found gold in 1799, this place has been bound for glory. A U.S. Mint coined gold here until 1865. And today it's the financial center of the South.

It is not a gaudy glitter that adorns Charlotte, however. The region shines because it was polished faithfully and carefully, true to the personality of its namesake, Queen Charlotte Sophia of Mecklenburg-Strelitz, who assumed control upon the madness of King George III, her husband. (Mecklenburg's patriots, nevertheless, defied the British during the American Revolution causing Lord Cornwallis to give up his occupation of the "damned hornet's nest.")

Today's Hornets, a professional basketball team, buzz in a top-notch coliseum. And the young Panthers, a professional football team, play in a new downtown stadium. These world-class sports teams are in the same league as the region's art and performance organizations and its business institutions.

Greater Charlotte leads North Carolina's commercial and industrial enterprise. You see its foundation in the outlying communities of Belmont, Concord, Gastonia and Kannapolis. You see its gentle and stately nature farther out in Waxhaw and Salisbury. You see its eager heirs around Monroe and Wadesboro. You see its fun spirit at Charlotte Motor Speedway and Carowinds. Because of the shine, you can't miss it.



Charlotte skyline

Travel Information

- Anson County C of C.** (704) 694-4181.
- Belmont C of C.** (704) 825-5307.
- Bessemer City Area C of C.** (704) 629-3900.
- Cabarrus County Visitors Center.** (704) 938-4550.
- Charlotte C of C.** (704) 377-6911.
- Charlotte Convention and Visitors Bureau.** (800) 231-4636.
- Cherryville C of C.** (704) 435-3451.
- Concord-Cabarrus County C of C.** (704) 782-4111.
- Gaston County Travel & Tourism.** (800) 849-9994.
- Gaston County C of C.** (704) 864-2621.
- Kannapolis C of C.** (704) 932-4164.
- Liberty C of C.** (910) 622-4937.
- Marshville C of C.** (704) 624-3183.
- Matthews C of C.** (704) 847-3649.
- Mint Hill C of C.** (704) 545-9726.
- North Mecklenburg C of C & Visitors Center.** (704) 892-1922.
- Rowan County Convention & Visitors Bureau.** (800) 332-2343 / (704) 638-3100.
- Rowan County C of C.** (704) 633-4221.
- Stanly County C of C.** (704) 982-8116.
- Union County C of C.** (704) 289-4567.

Culture and Recreation

- The Afro-American Cultural Center,** Charlotte. Multi-disciplinary arts organization. (704) 374-1565.
- The Carolina Raptor Center, Inc.** At Latta Plantation Park. Center for care of injured birds. (704) 875-6521.
- Charlotte Motor Speedway.** NASCAR racing and tours. (704) 455-2121.
- The Charlotte Museum of History.** Artifacts of local and regional history. (704) 568-1774.
- Charlotte Repertory Theatre.** (704) 333-8587.
- The Charlotte Symphony Orchestra.** (704) 332-0468.
- Charlotte Trolley Museum.** (704) 375-0850.
- Children's Theatre of Charlotte.** Performances and classes. (704) 333-8938.
- Discovery Place,** Charlotte. Hands-on science and technology museum. (800) 935-0553 / (704) 372-6261.
- Gaston County Museum of Art and History,** Dallas. (704) 922-7681.
- The Mint Museum of Art,** Charlotte. Local and regional history in permanent and changing exhibits. (704) 568-1774.
- The Nature Museum,** Charlotte. Specially designed for small children. (800) 935-0553 / (704) 372-6261.
- New Heritage USA.** U.S. 21, Fort Mill, S.C. Family-oriented theme park. (800) 374-1234 / (803) 548-7800.
- Opera Carolina,** Charlotte. (704) 372-7464.
- The Oratorio Singers of Charlotte.** (704) 332-7464.
- Paramount's Carowinds.** I-77 on N.C./S.C. border. Theme park. (800) 822-4428 / (704) 588-2606.
- Salisbury Heritage Tour.** Audio walking tour of Historic Salisbury. (800) 332-2343.
- Schiele Museum of Natural History,** Gastonia. Most frequently visited museum in the state. (704) 864-3962.
- Spirit Square Center for the Arts.** Uptown Charlotte's premier arts center. (800) 922-6431 / (704) 372-9664.
- University of North Carolina at Charlotte.** Brochure with map at the information booth inside the N.C. 49 entrance.
- A Walk Thru Historic Fourth Ward.** Self-guided tour of Uptown Charlotte. (704) 376-0105.
- Waterworks Visual Arts Center,** Salisbury. Regional exhibits, sensory garden. (704) 636-1882.

continued on next page



Turn-of-the-century storefronts on Main St., Davidson.

Parks, Monuments, Historic Sites

- Cannon Village**, Kannapolis. Restored textile mill merchandise center. (704) 938-3200.
- Crowders Mountain State Park**. U.S. 321. Kings Mountain area, site of a major Revolutionary War battle. (704) 867-1181.
- Hezekiah Alexander Homesite**, Charlotte. Oldest standing dwelling in Mecklenburg County.
- The James K. Polk Memorial**, Pineville. (704) 337-2000.
- Lake Norman**. (704) 373-7303.
- Latta Place/Latta Plantation Park**. Off I-77, Huntersville. 1800s plantation house and grounds. (704) 875-1391.
- McDowell Park and Nature Preserve**. Off N.C. 49 south. The county's largest park.
- Morrow Mountain State Park**. N.C. 740 east of Charlotte. (704) 982-4402.
- North Carolina Transportation Museum/Historic Spencer Shops**, Spencer. (704) 636-2889.
- Reed Gold Mine**. N.C. 24/27 east of Charlotte. First documented gold mine in the United States. (704) 786-8337.
- Salisbury National Cemetery**. (704) 636-2661.
- The UNC-Charlotte Botanical Gardens**. (704) 547-4286.
- Uwharrie National Forest**. N.C. 24/27, east of Albemarle. (910) 576-6391.
- Wing Haven Gardens and Bird Sanctuary**, Charlotte. (704) 331-0664.

Electric Cooperatives

- Crescent EMC** (Statesville, Mocksville, Cornelius, Taylorsville). (704) 873-5241.
- Pee Dee EMC** (Wadesboro, Rockingham). (704) 694-2114.
- Rutherford EMC** (Forest City, Morganton, Crouse). (704) 245-1621.
- Union EMC** (Monroe, Oakboro). (704) 289-3145.

Special Edition

SEE North Carolina

Catawba Foothills

Indians of the Catawba strain ("people of the river banks") were well settled here and into South Carolina when DeSoto passed through in 1540. Cherokee lived in the western hills. Today you can see how they sustained themselves heartily raising food and animals in these wide open lands.

Later, people came here and stayed on because it seemed so healthful, with mountain springs, broad lakes and rivers, plentiful flowering grasslands, and views of distant mountains. Gemstones in the foothills were a big draw, too.

In the late 1920s, the Morse brothers carefully made Lake Lure, Chimney Rock and the Hickory Nut Gorge area into a tasteful attraction where visitors can appreciate the natural surroundings.

It's obvious that widescale, fast-paced development is not the norm here. Towns like Hickory, Morganton, Marion, Rutherfordton and Forest City have a self-assured sense about them. Shelby's handsome downtown and Tryon's horse-country environment deliver a message that they know what they are about and where they are headed.

Relaxed driving in this region can be one of the most satisfying excursions in all of North Carolina.



Electric Cooperatives

- Blue Ridge EMC** (Lenoir). (704) 754-9071.
- Crescent EMC** (Statesville, Mocksville, Cornelius, Taylorsville). (704) 873-5241.
- Rutherford EMC** (Forest City, Morganton, Crouse). (704) 245-1621.

Parks, Monuments, Historic Sites

- Boone's Cave State Park**, Yadkin River near Troutman. (704) 528-6524.
- Bottomless Pools**, Lake Lure. Natural area in Hickory Nut Gorge.
- Chimney Rock Park**, near Bat Cave. View of Lake Lure and Blue Ridge Mountains, plus recreation areas. (800) 277-9611.
- Crowder's Mountain State Park**, Kings Mountain. (704) 867-1181.

Travel Information

- Alexander County C of C**. (704) 632-8141.
- Burke County C of C**. (704) 437-3021.
- Burke County Visitor Information Center**. (704) 437-3021.
- Catawba County C of C**. (704) 328-6111.
- Cleveland County C of C**. (704) 487-8521.
- Cleveland County Economic Development Commission**, Shelby. (704) 484-4999.
- Greater Hickory Convention and Visitors Bureau**. (704) 322-1335.
- Greater Statesville C of C**. (704) 873-2892.
- Hickory Nut Gorge C of C**. (704) 625-2725.
- Kings Mountain-Branch of Cleveland County C of C**. (704) 739-4755.
- Lincolnton-Lincoln County C of C**. (704) 735-3096.
- McDowell C of C**. (704) 652-4240.
- McDowell Tourism Development Authority**, Marion. (800) 237-6111.
- Mooresville-South Iredell C of C**. (704) 664-3898.
- Polk County Visitors Center**, Tryon. (800) 440-7848.
- Rutherford County C of C**. (704) 287-3090.
- Rutherford County Tourism Development**. (800) 849-5998 / (704) 286-1110.
- Tryon Thermal Belt C of C**. (704) 859-6236.

Culture and Recreation

- Arts and Science Center of Catawba Valley**, Hickory. (704) 324-4906.
- Arts and Science Center**, Statesville. (704) 873-4734.
- Bunker Hill Covered Bridge**, Claremont. One of two in N.C. (704) 465-0383.
- C. Grier Beam Truck Museum**, Cherryville. (704) 435-3072.
- Carson House**, Marion. Early 19th century house of family who gave townsite. (704) 724-4640.
- Cleveland County Historical Museum**, Shelby. (704) 482-8186.
- Globe Theater**, Alexander Mills. Like Shakespeare's.
- Green River Plantation**, south of Rutherfordton. (704) 287-0983.
- Hickory Furniture Mart**. (704) 322-3510.
- Hickory Motor Speedway**. NASCAR track. (704) 464-3655.
- Hiddenite Center**, Hiddenite. 1914 mansion, gems, art, dolls. (704) 632-6966.
- Hiddenite Gems**, Hiddenite. "Gem Capital of the World." (704) 632-3394.
- Kings Mountain Fire Department Historical Museum**, Kings Mountain. (704) 734-0555.
- Kouris Warehouse**, Shelby. Colonial revival warehouse home to the Farmers' Market.
- Lincolnton Cultural Center**, Lincolnton. Museum of history; performance hall. (704) 739-9055.
- Maple Grove and Propst House**, Hickory. Open by appointment. (704) 322-4731.
- Mountain Gateway Museum**, Old Fort. (704) 668-9259.
- Murray's Mill**, Catawba. Restored family grist mill. (704) 465-0383.
- Newton Historic District**. Includes Catawba County Museum of History. (704) 465-7400.
- Old Burke County Courthouse**, Morganton. Contains Heritage Museum. (704) 437-4104.
- Sen. Sam Ervin Jr. Library**, Morganton.

The Blue Ridge

As American pioneers moved westward, the Blue Ridge Mountains slowed them down. So many of them settled here. These are big mountains, the highest in the East.

The views to peaks and misty valleys inspired a national park through here—the Blue Ridge Parkway—solely for driving and gazing. All along it are engaging communities and cool, beautiful wild areas.

Asheville is its anchor and is indeed a solid, magnetic city. The Grove Park Inn, Biltmore Estate and business area testify to a vision limited only by the sky.

Farther up into the mountains, the scale and quiet become enormous. The challenge of living here is reflected in the unassuming communities. They understand the balance they must acquire in such awesome nature. You can sense it in the inspired music and handcrafts made here. You have to see this place and touch it to believe it.



Tweetsie Railroad, Blowing Rock



Blue Ridge Parkway vista

Travel Information

Alleghany C of C. (910) 372-5473.
Ashe County C of C. (910) 246-9550.
Asheville Area C of C. (704) 258-6101.
Asheville Travel and Tourism Office. (800) 257-1300.
Avery County C of C, Newland. (704) 733-4737.
Banner Elk C of C. (704) 898-5605.
Beech Mountain C of C. (704) 387-9283.
Black Mountain C of C. (704) 669-2300.
Blowing Rock C of C. (704) 295-7851.
Blue Ridge Parkway, National Park scenic highway. (704) 271-4779.
Boone Convention & Visitors Bureau. (800) 852-9506.

Caldwell County C of C. (704) 726-0616.
Madison C of C. (704) 689-9351.
Mitchell County C of C, Spruce Pine. (704) 765-9483.
Mountain Information Centers, Asheville. (704) 258-4662.
North Carolina High Country Host. Travel and accommodations information. (800) 438-7500.
N.C. Welcome Center. (I-40 West). (704) 627-6206.
Wilkes County C of C. (910) 838-8662.
Yancey County C of C, Burnsville. (704) 682-7413.

Culture and Recreation

An Appalachian Summer. Arts and culture festival at Appalachian State University. (704) 264-2120.
Appalachian Ski Mountain, near Boone. Eight slopes. (704) 295-7828.
Art by Johannes A.S. Oertel. In St. James Episcopal Church, Lenoir. (704) 754-3712.
Art in the Park, Blowing Rock. Juried arts and crafts in summer. (704) 295-7851.
Ashe County Arts Center. (910) 246-ARTS.
Ashe County Frescoes. At St. Mary's Episcopal Church, outside West Jefferson. (910) 982-3076.
Ashe County Cheese Co. Landmark attraction. (910) 246-2501.
Asheville Community Theatre. (704) 254-1320.
Asheville Symphony. (704) 254-7046.
Asheville Tourists. Class A baseball. (704) 258-0428.
Asheville Walking Tour. (704) 254-2343.
Biltmore Homespun Shops, Asheville. Shops and weaving museum adjoins Grove Park Inn. (704) 253-7651.
Blue Ridge Hearthside Crafts, Foscoe. Sales outlet for regional crafts. (704) 963-5252.
Caldwell Historical Museum, Lenoir. (704) 758-4004. (704) 758-1496.
Carolina Wilderness Adventures, French Broad River. Whitewater trips. (800) 872-7437.
Daniel Boone Native Gardens, Boone. Native plants. (704) 264-6390.
Emerald Village, Little Switzerland. Underground museum in an old mine. (704) 765-6463.
Folk Art Center, near Asheville. Work of Southern Highlands Handicraft Guild. (704) 298-7928.
Furniture Shopping. 37 dealers in 20 miles on U.S. 321 in Caldwell County. (800) 737-0782.
Historic Wilkesboro. (910) 667-3712.
Garden of the Senses. Especially nice for the sense-impaired. At Wilkes Community College. (910) 838-6100.
Glen Burney Trail, Blowing Rock. 1.5-mile hiking trail. (704) 295-7851.
Goodwin Guild Weavers, U.S. 321 Bypass. (704) 295-3394.
Grove Park Inn. Historic grand hotel. (800) 438-5800.

"Horn in the West," Boone. Outdoor drama about the Daniel Boone period. (704) 264-2120.
Hound Ears Lodge and Club, south of Boone. Two-slope ski mountain. (704) 963-4321.
Mast General Store, Valle Crucis. A legend since 1883. (704) 963-6511.
Museum of North Carolina Minerals. Part of Blue Ridge Parkway Visitor Center.
Mystery Hill, U.S. 221/321. Amusement house, Appalachian Heritage Museum, N.C. Military Museum. (704) 264-2792.
North Wilkesboro Speedway. (910) 667-6663.
Old Wilkes Jail. 1860 jail once held Tom Dooley. Wilkesboro. (910) 667-3712.
Parkway Craft Center, Blue Ridge Parkway. Sales outlet for Southern Highlands Handicraft Guild. (704) 295-7938.
Pack Place, Asheville. New arts and science center with art museum, Colburn Mineral Museum. (704) 257-4500.
Patterson School. Historic boarding school and 1,400-acre grounds including Chapel of Rest, historic church and cemetery. Caldwell County. (704) 758-2374.
Penland School, near Spruce Pine. Crafts school since 1929. Gallery and tours: (704) 765-6211.
Singing on the Mountain, Grandfather Mountain. Outdoor gospel concert since 1930. (704) 733-4337.
Ski Beech. Beech Mountain. State's largest ski resort. (704) 387-2011.
Ski Hawksnest, Seven Devils. 9-slope ski mountain. (704) 963-6561.
Smith-McDowell Museum of Western North Carolina History, Asheville. Restored house, oldest in Asheville. (704) 253-9231.
Sugar Mountain Resort, Banner Elk. 18-slope ski mountain. (704) 898-4521.
Tweetsie Railroad, U.S. 221/321. Amusement park and frontier village with narrow-gauge railroad. (800) 526-5740.
Western North Carolina Farmers Market, Asheville. (704) 253-1691.
Wolf Laurel, near Mars Hill. Ski mountain. (704) 689-4111.

continued on next page

The Blue Ridge



Biltmore Estate, Asheville

Parks, Monuments, Historic Sites

Biltmore Estate, near Asheville. Magnificent estate built for George W. Vanderbilt in 1895, with 250-room mansion, 125,000-acre grounds, vineyard and winery. (800) 543-2961.

The Blowing Rock, off U.S. 321. Viewing area and gift shop. (704) 295-7111.

Craggy Gardens, off Blue Ridge Parkway. Trails with views. (704) 298-0398.

Cumberland Knob. 1,000 acres, 2,740 feet high. Upper Alleghany County on the parkway.

Doughton Park. 7,000 acres, trails, 3,700 feet up. Near Sparta.

Fort Defiance. Home of Gen William Lenoir family on site of a late 18th century fort. Yadkin Valley. (704) 726-0616.

Grandfather Mountain, near Linville. Park with visitor center, trails, overlooks. (800) 468-7325.

Linville Caverns, between Linville and Marion. Massive limestone caves. (704) 756-4171.

Linville Gorge. Wilderness area in Pisgah National Forest. (704) 652-2144.

Mt. Jefferson State Park. (910) 246-9653.

Mount Mitchell State Park, Yancey County. Highest peak in the East. (704) 675-4611.

New River State Park. Ashe County. (910) 982-2587.

Pisgah National Forest. (704) 652-2144.

Rendezvous State Forest. Talking tree trail. Western Wilkes County. (910) 667-5072.

Stone Mountain State Park. Northeast Wilkes County. (910) 957-8185.

Thomas Wolfe Memorial, Asheville. State Historic Site, home of the writer. (704) 253-8304.

Tom "Dooley" Dula-Laura Foster. Grave and memorial marker. Victim of love triangle, 1866. Wilkes County.

University Botanical Gardens, Asheville. (704) 252-5190.

W. Kerr Scott Reservoir. Wilkes County. (910) 921-3390.

Western North Carolina Nature Center, Asheville. Animals and plants in natural habitat. (704) 298-5600.

Zebulon B. Vance Homestead, near Weaverville. State Historic Site, reconstructed home of North Carolina Civil War-era statesman. (704) 645-6706.

Electric Cooperatives

Blue Ridge EMC (Lenoir, Boone, West Jefferson, Sparta). (704) 758-2383.

French Broad EMC (Marshall, Burnsville, Bakersville). (704) 649-2051.

Special Edition

SEE North Carolina

Nantahala: the Southern Highlands

An overwhelming sense of ancient legends penetrates much of the southern highlands of far western North Carolina. You believe that life here is so old we can't imagine it, yet we somehow understand its themes.

Nantahala was the Cherokee name for "sun in the middle," referring to regions deep in mountain gorges, warmed only at midday but glowing inside all the while. It's a name that is immediately recognizable when you're in the middle of it.

Haywood County is "the gateway to the Great Smoky Mountains" and keeper of the region's heritage. West of here are adventurous wildlands and the Cherokee Indian Reservation that in places hold the exotic allure of another country altogether.

Hendersonville leads into the lovely southern mountains and magnificent scenery of Transylvania County, Cashiers and Franklin and Highlands that draw tourists and new settlers for good reason.

Travel Information

Andrews C of C. (704) 321-3584.

Brevard-Transylvania C of C. (704) 883-3700.

Brevard/Transylvania County Tourism. (800) 648-4523.

Cashiers Area C of C. (704) 743-5191.

Cherokee C of C. (800) 438-1601 / (704) 497-9195.

Cherokee County C of C. (704) 837-2242.

Cherokee Indian Reservation. (800) 438-1601.

Clay County C of C. (704) 389-3704.

Dillsboro Merchants Assn. (704) 586-6542.

Franklin Area C of C. (800) 336-7829.

Graham County C of C. (704) 479-3790.

Greater Haywood County C of C. (800) 334-9036.

Greater Hendersonville C of C. (704) 692-1413.

Henderson County Travel & Tourism. (800) 828-4244.

Highlands C of C. (704) 526-2112.

Jackson County Travel & Tourism. (800) 962-1911 / (704) 586-2155.

Maggie Valley C of C. (800) 785-8259 / (704) 926-1686.

Swain County C of C. (800) 867-9246 / (704) 488-3681.



Parks, Monuments, Historic Sites

Carl Sandburg Home, Flat Rock. National Historic Site on 240-acre farm. (704) 693-4178.

Cradle of Forestry in America, U.S. 276. Visitor center in Pisgah National Forest with history of Biltmore Estate forest and school. (704) 877-3130.

Great Smoky Mountains National Park. Half-million acres along Tennessee border. N.C. entrance at Cherokee. Three visitor centers. Gatlinburg phone: (615) 436-1200.

Highlands Nature Center. Flora, fauna and artifacts of the Nantahala region. (704) 526-2623.

Holmes State Forest, southwest of Hendersonville. Picnic areas, trails, camping. (704) 692-0100.

Joyce Kilmer Memorial Forest. Untouched virgin forest with areas of trails. (704) 479-6431.

Nantahala National Forest. 1.36 million acres, established 1911. (704) 526-3765.

Pisgah National Forest. Trails, picnic and camping areas in 6,400-acre forest. (704) 257-4200.

continued on next page



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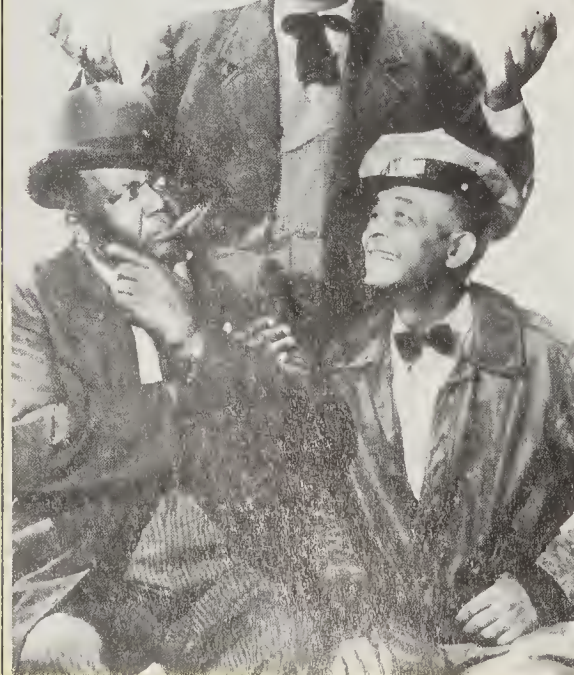
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Nantahala

Culture and Recreation

- Brevard Music Center. (704) 884-9064.
Canton Historical Museum. (704) 646-3412.
Cataloochee Ski Area. Nine slopes. (800) 768-0285.
Cherokee Indian Cyclorama Wax Museum, U.S. 19 North. (704) 497-4521.
Fish and Game Management. (704) 497-5201.
Flat Rock Playhouse Theatre. Summer theater. (704) 693-0731.
Fontana Village. Resort built from workers village during 1941 dam construction. (800) 849-2258.
Franklin Gem and Mineral Museum. (704) 369-7831.
Ghost Town in the Sky, Maggie Valley. Theme park recreates Old West town. (704) 926-1140.
Great Smoky Mountains Railway. Scenic mountain excursions. Dillsboro. (800) 872-4681.
Haywood Arts Repertory Theatre. (704) 456-6322.
Henderson County Farmers Mutual Curb Market, Hendersonville. (704) 692-8012.
High Hampton Inn. Historic inn, Cashiers. (800) 334-2551.
Highlands Playhouse. Summer theater. (704) 526-2695.
John C. Campbell Folk School, Brasstown. Traditional Appalachian crafts school since 1925. (704) 837-2775.
Llama treks. (704) 627-6986.
MACO Crafts, Inc., Franklin. Largest craft cooperative in the Appalachian Mountains. (704) 524-7878.
Macon County Art Association. (704) 524-9647.
Macon County Historical Society. In the historic Pendergrass building, Franklin. (704) 524-9758.
Mountain Heritage Center. At Western Carolina University, Cullowhee. (704) 227-7129.
Mountain Skate Center. Waynesville. (704) 456-4441.
Museum of the Cherokee Indian, Cherokee. (704) 497-3481.
Museum of North Carolina Handicrafts. At historic Shelton House, Waynesville. (704) 452-1551.
Nantahala Gorge. For whitewater excursions: Carolina Outfitters (800) GOT-RAFT, Nantahala Outdoors (800) 232-7238, Nantahala Rafts (800) 245-4811, Rolling Thunder River (800) 344-5838, Wildwater (800) 451-9972.
Oconaluftee Indian Village, Cherokee. Re-creation of late 18th century Cherokee village, surrounded by botanical garden. (704) 497-2315.
Qualla Arts and Crafts Mutual, Inc., Cherokee. Most successful Indian-owned craft cooperative in the U.S. (704) 497-3103.
Ruby City Gems & Minerals, Franklin. Lapidary shop and supplier. (704) 524-3967.
Soco Gardens Zoo, Maggie Valley. (704) 926-1746.
Scottish Tartans Museum, Franklin. (704) 369-7439.
Ski Scaly, South of Highlands. (800) 342-1387.
Southern Expressions Gallery & Studios, near Brevard. Contemporary mountain crafts. (704) 884-6242.
Stompin' Ground, Maggie Valley. Professional clogging shows. (704) 926-1288.
"Unto These Hills," Cherokee. Outdoor drama of Cherokee emigration. (704) 497-2111.
Electric Cooperatives
Blue Ridge Mountain EMC (Young Harris, Ga.). (404) 379-3121.
Haywood EMC (Waynesville, Lake Toxaway). (704) 452-2281.



Literary Hall of Fame adds 6 writers on May 17

The year-old North Carolina Literary Hall of Fame will induct six writers at a public ceremony in Southern Pines on May 17.

Three of the honors will be bestowed posthumously and three to working writers.

The three deceased writers are Harriet Jacobs (author of "Incidents in the Life of a Slave Girl," her personal account in Edenton), Joseph Mitchell (born in Fairmont, a long-time writer for The New Yorker), and Sam Ragan (late poet laureate of North Carolina, publisher of The Pilot in Southern Pines, author of six collections of poetry).

The three living writers are John Ehle (author of 17 books of fiction and nonfiction, and instrumental in the creation the N.C. School of the Arts), Frances Gray Patton (her novel "Good Morning, Miss Dove" was later made into a Hollywood movie), and Louis D. Rubin Jr. (founder of Algonquin Books of Chapel Hill, teacher at UNC-Chapel Hill, author and editor of numerous books).

North Carolina writers, scholars and friends will make the presentations at the Weymouth Center. The award will be designed by potter Sally Bowen Prange of Chapel Hill.

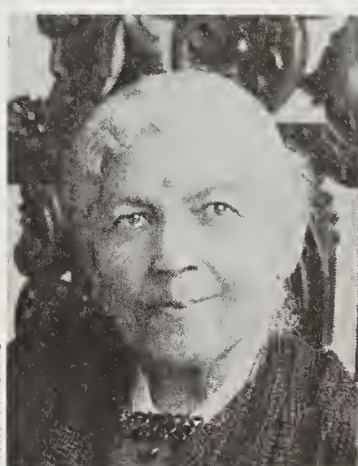
The public is invited to the 2:30 p.m. program (come early to tour Weymouth) and a 4:30 reception. There is no charge. For information, contact the N. C. Writers' Network at (919) 967-9540 or Weymouth: 555 E. Connecticut Ave., Southern Pines, N.C. 28387. Phone: (910) 692-6261.

The literary tradition at Weymouth

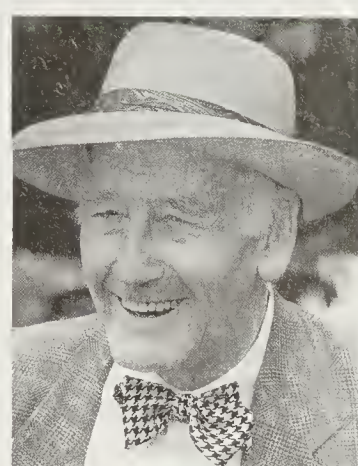
The Literary Hall of Fame realizes Sam Ragan's dream to honor the state's literary accomplishments. Its home is in



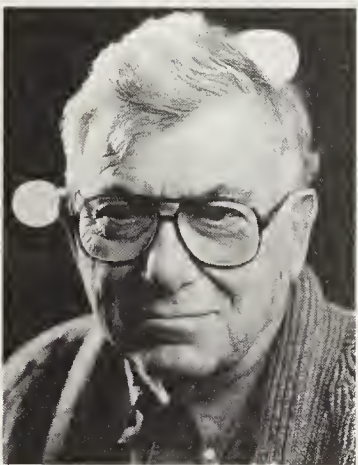
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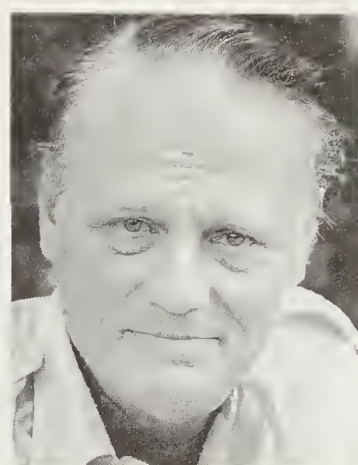
Jan G. Hensley



Curt Richter



Mills Steele



Thomas Cox

Top row (left to right): Joseph Mitchell, Harriet Jacobs, Sam Ragan

Bottom row (left to right): Louis D. Rubin, Jr., Frances Gray Patton, John Ehle

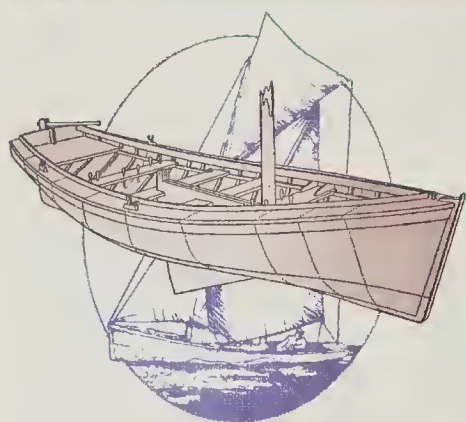
Southern Pines at the Weymouth Center for the Arts & Humanities. Formerly the home and gardens of novelist James Boyd (1888-1944), Weymouth today is a mecca for arts, humanities and horticultural programming.

Most of all, Weymouth is known for its nurturing of literature. James Boyd and his wife, Katharine, opened their home during the 1920s and 30s to some of the finest writers in the country, including Thomas Wolfe, F. Scott Fitzgerald, Sherwood Anderson, Paul Green, Maxwell Perkins, Lawrence Stallings, John Galsworthy and William Faulkner. Jonathan Daniels declared that this gathering place "launched the Southern Literary Renaissance." After Katharine's death in 1974, the house and

grounds were left to Sandhills Community College, and later purchased by the non-profit Friends of Weymouth. The Friends support the arts and continue the Boyd tradition with a Writers-in-Residence program.

The Literary Hall of Fame was launched in spring 1996 with the induction of 15 of North Carolina's finest writers (all deceased): James Boyd, Charles Waddell Chesnutt, Jonathan Daniels, Inglis Fletcher, Paul Green, Bernice Kelly Harris, O. Henry (William Sydney Porter), George Moses Horton, Randall Jarrell, Gerald Johnson, Guy Owen, Thad Stem, Jr., Richard Walser, Manly Wade Wellman and Thomas Wolfe.

— Marsha Warren



Wooden Boat Show, May 3, Beaufort.



Antebellum years celebrated at Historic Latta Plantation, May 3, Huntersville.



"How We Talk"

May 2-3, Chapel Hill

Seminar lectures by UNC faculty on language, identity and power. UNC-Chapel Hill. 4:30 p.m. \$80. (919) 962-1544.

Wooden Boat Show

May 3, Beaufort

23rd annual show of boats, on shore and afloat, at Grayden Paul Park and the N.C. Maritime Museum's Harvey W. Smith Watercraft Center. Plus demonstrations on making oars, nets, decoys, canoes and models. Free. (919) 728-7317.

Harmony Hall Plantation

May 3, Fayetteville

11th annual reunion. Bake sale, face painting, music, crafts, food, flea market, shuttle rides, Civil War groups. Historic Harmony Hall. 10 a.m. to 5 p.m. Free. (910) 866-4256.

"Jazz in a Mellow Mood"

May 3, Greensboro

Greensboro Concert Band, Greensboro Big Band and Wally West, tenor saxist. Dana Auditorium at Guilford College. 8:15 p.m. \$9 adults, \$7 students. (910) 373-2549.

Plantation Life

May 3, Huntersville

Antebellum years celebrated. Historic Latta Plantation. 10 a.m. to 4 p.m. \$5 adults, \$3 children. (704) 875-2312.

Children's Arts Festival

May 3, West Jefferson

Spring Fest '97 with exhibits, demonstrations, entertainment, arts and crafts. 10 a.m. to 4 p.m., Mountainview Elementary School. Free. (910) 246-2787.

Birder's Weekend

May 3-4, Linville

Lectures and guided hikes through Grandfather Mountain. Black Rock Trail. 9 a.m. \$10 adults, \$5 children. (704) 733-2013.

Folk Festival

May 3-4, Wentworth

Music, food, arts, crafts, demonstrations. Rockingham Community College. 10 a.m. to 6 p.m., Saturday; 1 to 6 p.m., Sunday. Free. (910) 342-4039.

"Happening on the Common"

May 4, Tarboro

Festival in Historic Tarboro. Clowns, rides, crafts, food and entertainment. Town Commons. Noon to 6 p.m. Free. (919) 823-4159.

Mini Carnival

May 7, Carrboro

Caribbean-style songs, dancing, stories and fun. Carrboro Town Commons. 2 p.m. \$1. (919) 968-7703.

Industrial Show

May 7-8, Greensboro

Sale and display of industrial equipment and supplies. Greensboro Coliseum Special Events Center. 12 to 8 p.m. \$7. (910) 373-7400.

Spring Antiques Show

May 8-10, Lenoir

Display of furniture, glassware, linens and jewelry. J.E. Broyhill Civic Center. 6:30 to 9:30 p.m., Thursday; 10 a.m. to 9 p.m., Friday; 10 a.m. to 5 p.m., Saturday. \$5. (704) 757-5525.

Buggy Festival

May 9-10, Carthage

Street dancing, crafts, rodeo, concessions, entertainment. Downtown Carthage. 7 to 11 p.m., Friday; 9 a.m. to 11 p.m., Saturday. Free. (910) 947-2504.

Bluegrass Reunion

May 9-10, Union Grove

Performances, workshops, live music and concessions. Vanhoy Family Campground. 6 p.m., Friday; 11 a.m., Saturday. \$5 Friday, \$6 Saturday, \$10 both days. Children half price. (704) 279-5674.

"La Cage Aux Folles"

May 9-11, 15, 18, Greensboro

"The Birdcage." Tony award-winning family musical. Carolina Theatre. 8 p.m., Thursday through Saturday; 2 p.m., Sunday. \$13 adults, \$10 children. (910) 333-7470.

"KidsCabaret" Show

May 10, Carrboro

Stage games, mime and skits with "Rick the Actor." ArtsCenter. 11 a.m. \$3-4. (919) 929-2787.

Storytelling Festival

May 10, Smyrna, Tenn.

"Once Upon a Time at Sam Davis Home." Demonstrations, storytelling, tours, food. Sam Davis Home. 10 a.m. to 4 p.m. \$5 adults, \$1 children. (615) 459-2341.

Pig Pickin'

May 10, Triplett

All you can eat home cooking: barbecue pork, dessert and drink. Live entertainment. Stewart Simmons Volunteer Fire Station. 3 to 8 p.m. Donations: \$6 adults, \$3 children. (704) 262-9688.

Mai-Fest 97

May 10, Williamston

Art show, petting zoo, dancing, food, entertainment. Williamston High School. 10 a.m. to 4 p.m. \$15. (919) 792-5150.

Bloomers' Weekend

May 10-11, Linville

Lectures and guided hikes on Grandfather Mountain. Nature Center. 11 a.m., Saturday; 2:30 p.m., Sunday. \$10 adults, \$5 children. (704) 733-2013.

Standard First Aid

May 15, 17, Lexington

American Red Cross classes. Lexington-Davidson County Chapter. 6 to 10 p.m. \$30. (910) 248-2205.

Deadlines: July issue.....May 25
August issue.....June 25
Sept. issueJuly 25

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Fossil Festival, May 24-25, Aurora. Food, tours, parade, fossils and fun.

Fund Fest 97

May 16, Graham

Silent and live auctions to generate funds for student scholarships. Bake sale items to furniture. Alamance Community College Campus. 5 p.m. Free. (910) 578-2002, ext. 4102.

Croquet Tournament

May 16-18, Pinehurst

Pinehurst, Charlottesville and Greenbrier Invitational. Pinehurst Resort Croquet Courts. 9 a.m. to 5 p.m. Free. (910) 295-8555.

Art in the Park

May 17, Blowing Rock

Juried arts and craft show. American Legion Grounds. 10 a.m. to 5 p.m. Free. (704) 295-7851.

Family Fishing Day

May 17, Burlington

Compete in various categories for prizes. Lake Mackintosh Park and Marina. 8 a.m. to 2 p.m. Alamance County fishing fees for adults, children free. (910) 222-5030.

Concord Homecoming

May 17, Creswell

Dinner and speaker's topic: Mormon church in early days of Washington County. Concord Primitive Baptist Church. 11 a.m. Free. (919) 793-5236.

Seafood Festival

May 17, Engelhard

Over 60 exhibitors, crafts, fireworks, rides, tours. U.S. 264 in Engelhard. 10 a.m. to 11 p.m. Free. (919) 925-9461.

May Pole Celebration

May 17, West Jefferson

Music, dance, food, May pole raising. Ashe Civic Center Grounds. 11 a.m. to 7 p.m. Free. (910) 246-4483.

Acoustic Concert

May 17, West Jefferson

The Warblers from Athens, Ga., play folk, traditional, bluegrass and gospel. Ashe Arts Center. Adults \$5, children \$3. (910) 246-2787.

"Meck-Dec Day"

May 18, Charlotte

Celebration of Hezekiah Alexander's participation in Mecklenburg's Declaration of Independence on May 20, 1775. Barbecue picnic. Hezekiah Alexander Homesite. Noon to 2 p.m. Tickets in advance: \$12.50 adults, \$6 children. (704) 568-1774.

Shackleford Trip

May 20, Beaufort

Boat excursion and hiking on Shackleford Banks. North Carolina Maritime Museum. 9 a.m. to 3 p.m. \$15 reservations. (919) 728-7317.

Ned Jarrett Golf Tournament

May 20, Jefferson

3rd annual Ned Jarrett Celebrity Classic round of golf with Nascar drivers. Jefferson Landing Golf Resort. 10 a.m. \$25 to eat; \$100 to play. (910) 246-4483.

"Steal Away"

May 21-24, 29-31, Burlington

African-American show about five "church ladies" in Depression-era Chicago. Occasions. Buffet at 6 p.m., show at 8 p.m. \$22. (910) 227-9887.

Ocracoke Crafts Festival

May 24, Ocracoke

Outdoor arts and crafts, entertainment. 10 a.m. to 4 p.m. on historic Howard St. Benefits Ocracoke Preservation Society. (919) 928-7793.

Fossil Festival

May 24-25, Aurora

Food, tours, parade, fossils and fun. Fossil Museum. 9 a.m. to 5 p.m. (919) 322-5227.

Memorial Day Weekend

May 24-26, New Bern

N.C. Highland Regiment duplicates 18th century ways of living. Musket demonstrations, camp cooking, games and bagpipe music. Tryon Palace Historic Sites and Gardens. 9 a.m. to 5 p.m., Saturday and Monday; 1 to 5 p.m., Sunday. Gardens free, tours: \$12 adults, \$6 children. (919) 514-4900.

Opening Reception

May 25, Chapel Hill

Exhibition of paintings by Julie Mitchell. Horace Williams House. 2 to 4 p.m. Free. (919) 942-7818.

Community CPR

May 27, 29, Lexington

American Red Cross classes. Lexington-Davidson County Chapter. 6 to 10 p.m. \$30. (910) 248-2205.

Nature Photo Weekend

May 30-June 1, Linville

Lectures and photo contest. Grandfather Mountain Nature Center. 7:30 to 9 p.m., Friday; 7 to 9 p.m., Saturday; 9 a.m. to noon, Sunday. \$50 includes film and processing. (704) 733-2013.

Homestead Days

May 31, Creswell

Early homemaking exhibit. Spinning, weaving, soap-making, sample hog-killing stew and crafts. Davenport's Corner. 10 a.m. to 4 p.m. (919) 797-4336.

Stock Car Race

May 31, Rougemont

150 laps. Bojangles late models, limited sportsman, pure and mini stock. Orange County Speedway. 7:30 p.m. \$12. (910) 364-1222.

Chicken Pickin'

June 7, Butner

Food, staged entertainment, cook-off contest and demonstrations. 9 a.m. to 4 p.m. Central Avenue in Butner. (919) 575-4405.

6th Annual Show and Sale

June 7-8, Smyrna, Tenn.

Civil War Relics. Smyrna Town Centre. 9 a.m. to 5 p.m., Saturday; 9 a.m. to 3:30 p.m., Sunday. Adults \$5, children free. (615) 459-2341.

continued on next page

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Minority Student Exhibition

through June 29, Greensboro

Exhibition of works by area high school students. Greensboro Cultural Center. 10 a.m. to 5 p.m., Tuesday through Saturday; 5 to 7 p.m., Wednesday; 2 to 5 p.m., Sunday. (910) 333-6885.

Triad Artists Exhibition

through July 6, Winston-Salem

View the art produced by over 28 artists in the 12 counties that make up the Piedmont. Southeastern Center for Contemporary Art. Closed Monday; 10 a.m. to 5 p.m., Tuesday through Saturday; 2 to 5 p.m., Sunday. \$3 adults, \$2 students. (919) 725-6059.

"British Delft from Colonial Williamsburg"

through Aug. 24, Winston-Salem

17th century European pottery. Apothecary jars, plates, bowls, flower pots and figurines. The Gallery at Old Salem. 9 a.m. to 5 p.m., Monday through Saturday; 1 to 5 p.m., Sunday. \$7 Adults, \$5 children. (888) OLD-SALEM.

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You'll learn how to control your appetite to lose weight with a meal-time vinegar cocktail.

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- Aid digestion
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- Condition problem skin
- Fight age and liver spots
- Gain soft, radiant skin
- Amazing hair treatments
- Relieve nighttime leg cramps
- Soothe sprained muscles
- Fight osteoporosis with calcium
- Help headaches fade away
- Corn and callus relief
- Aid to maintain health
- Skin rashes, athlete's foot
- Relieve insect bites
- Remedy for urinary problems
- Use for coughs, colds
- Destroy bacteria in foods
- Heart and circulatory problems
- Fight high blood pressure

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You'll know how grandma's recipe for her famous pie crust depends on a spoonful of apple cider vinegar.

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Combine your favorite herbs with vinegar to create tenderizers, mild laxatives, mouth washes, tension relievers, and mouthwatering tasty salad dressings and more.

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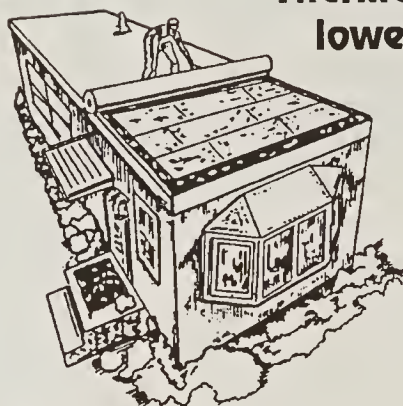
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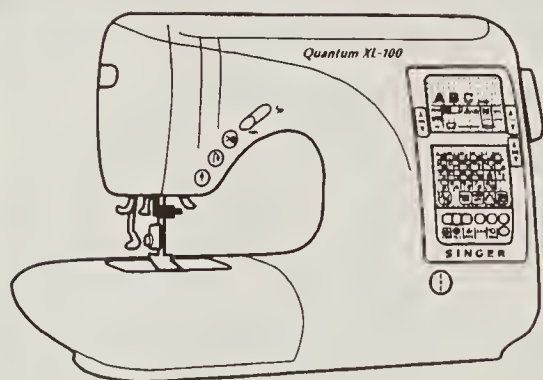
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- ☐ Attic condensation freezes there and in walls
- ☐ Furnace or heaters usually run all day and night
- ☐ Leaks let water ruin ceiling, walls and floors
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- ☐ Rumbles in winter wind
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- ☐ No condensation forms
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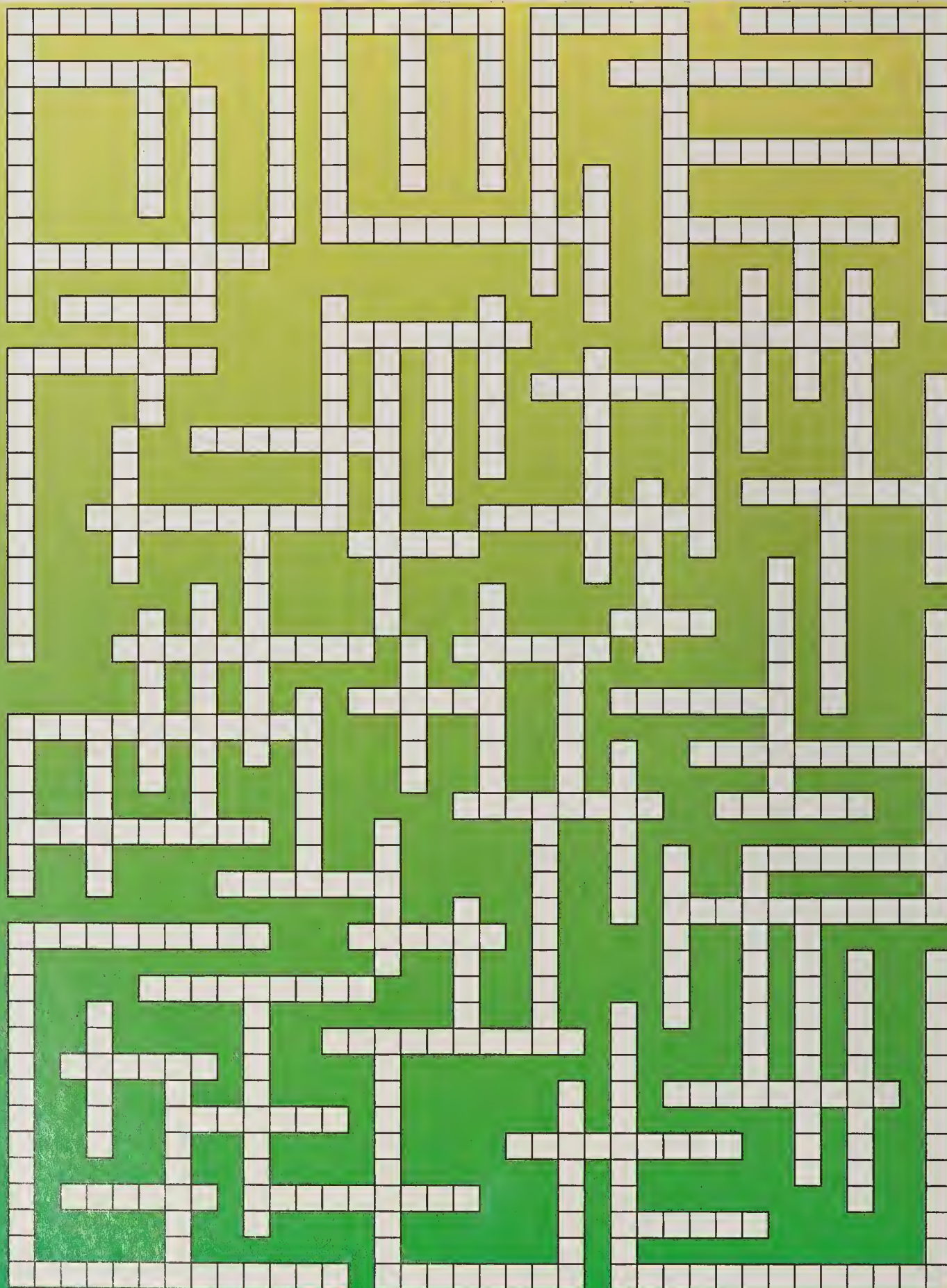
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The Great County Seats Criss-Cross

Each of North Carolina's 100 county seats has a place of its own in this diagram. But beware of false trails. One wrong entry will lead to another. Check out all alternative choices before making an entry. Then cross off the name of that town from the list on the next page. (Solution will be published in June.)



County Seats Criss-Cross

Use this list to fill in the boxes on the opposite page. Answer will be published in June.

4 Letters	Asheville
Troy	Charlotte
	Currituck
5 Letters	Goldsboro
Boone	Henderson
Sylva	Jefferson
	Lexington
6 Letters	Louisburg
Burgaw	Lumberton
Camden	Morganton
Dobson	Nashville
Durham	Pittsboro
Graham	Salisbury
Lenoir	Wadesboro
Manteo	Warrenton
Marion	Wentworth
Monroe	
Murpny	10 Letters
Newton	BrysonCity
Oxford	Burnsville
Shelby	Gatesville
Sparta	Greensboro
Wilson	Greenville
Winton	Hayesville
	Laurinburg
	Lillington
	Lincolnton
	Mocksville
	Rockingham
	Smithfield
	Washington
	Whiteville
	Wilkesboro
	Wilmington
7 Letters	11 Letters
Bayboro	Bakersville
Bolivia	Kenansville
Brevard	Statesville
Clinton	Swanquarter
Concord	Waynesville
Danbury	Williamston
Edenton	Yadkinville
Halifax	Yanceyville
Jackson	
Kinston	12 Letters
NewBern	Fayetteville
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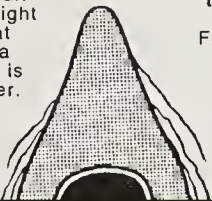
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May is the month when gardening gets underway in full swing. Take advantage of the few cool days left to finish planting bulbs, summer annuals and vegetables. As newly set plants become established, give them a bit of shade for a few days.

Unless they are controlled, insects may go rampant this month. Carefully inspect all plants for signs of insect damage. Among the pests now becoming active are whiteflies, thrips, spider mites, chinch bugs, bagworms and lacebugs. Also, check for blackspot and powdery mildew. These are frequent pests on many plants and are a common problem for roses. When watering, be sure to avoid wetting foliage, since wet foliage encourages their growth. Garden centers, nurseries and your local Cooperative Extension Office can offer advice on the best insect control methods.

It's for the birds

If you enjoy feeding birds in winter, then plant a row of sunflowers in the back or side of your garden. These tall-growing annuals produce enormous heads of rich, oily seeds. In late summer when flowers have matured, cut and dry them. Next winter, these seed-studded disks will be a true delicacy for birds.

Lawn care

A lawn mower blade should be sharp enough to make a clean cut of the blades of grass. Dull blades chew the grass leaving jagged edges that may serve as a port of entry for diseases. Jagged edges also seem to scorch and brown more easily on hot, windy days. It's best not to scalp the lawn by setting the blade too low. If possible, mow after 7 p.m. Water between 5 a.m. and noon. Use a large hose ($\frac{3}{4}$ " if possible) and an impulse sprinkler head.

Houseplants enjoy summer

Houseplants tend to revitalize if moved outdoors in the summer. Move them to dappled shade for a few days, then to a spot shaded from noonday sun. After a few days, place them in broken shade as beneath pine trees or near a hedge which offers shade from the midday heat. The gradual moving reduces the shock of changing light levels.

Remulch

Replenish mulch around trees and shrubs. Groom plant beds with new mulch to conserve moisture and to help control weeds.

Give attention to roses

Spray roses against blackspot and mildew. Follow a regular fertilizer program. If rainfall is scant, water the roots but avoid wetting the leaves. If you use a Japanese beetle trap, be sure to place it far from the roses and raspberries they like to eat so you won't draw them to their favorite feasts. When cutting roses for indoor use, always leave two leaves on the bush because each of these will bear five leaflets.

Marigolds help to control nematodes

Tomato plants are quick to attract nematode, the common root-attacking pest of many plants. Small-flowering French marigolds are attractive to nematodes. This popular flower can be planted among other plants to make a low-growing compact landscape accent. The troublesome nematode organisms will be lured from their hosts to the roots of the marigolds which can resist nematode damage. Nematodes can also be attacked with chemicals. When you consider your time and the material costs involved, the two methods of treatment are about the same.

Nandinas scant of berries?

If your tall-growing nandinas (Heavenly Bamboo) bore few or no berries last autumn and winter, it may be helpful to feed them with superphosphate. Apply a cupful to a two or three-year-old bush. Increase amount of superphosphate depending upon age of the plant. This often stimulates plants to bloom heavily and to retain a heavy crop of showy red berries for winter color. Old clumps should be dug and divided in early spring.

Pinch plants for flowers

It's wise not to go around pinching plants just for the fun of it. But, do pinch zinnias, mums, salvia (red sage), cockscomb (celosia), marigolds, petunias and snapdragons to slow down growth. This encourages lateral branching and more abundant blooms. Plants pinched back will be less likely to blow over or break in high winds. With mums, pinching should continue until early July. Usually one early pinching is enough for petunias. Some newer types of annuals are base-bearing and do not need pinching. To pinch, use your index finger and thumbnail to break out the lead growth at tip of plant. Pinching just after transplanting is effective in reducing leaf area to make up for roots damaged or lost.

Fertilize crepe myrtles

For abundant summer bloom, feed crepe myrtles now. Use a balanced fertilizer. For larger shrubs, apply as much as one cup per plant. Crepe myrtles are our showiest of summer-flowering shrubs. Sometimes called "Summer Lilac" and "Shrub of 101 Days," it blooms three to four months. Plants used in background plantings should be grown unpruned. The tall skeleton plant and cinnamon-colored bark add much to the winter scene. Foreground plants may be grown as low shrubs kept in bounds by pruning to train. As blooms begin to fade, cut them away. New side shoots will appear to produce another crop of flowers. Crepe myrtle is one of the few shrubs to bloom on current growth.

Vegetables

Plant tomatoes, okra, field peas, green beans, cucumbers, squash, and other warm season vegetables. Be sure to water well even if the soil feels moist. Water helps soil to make close contact with roots driving out air pockets. Use collars of cardboard or the lower half of plastic cups with the bottoms removed — place them around tomato and green pepper plants for protection against cutworms. These insects can destroy plants at ground level.

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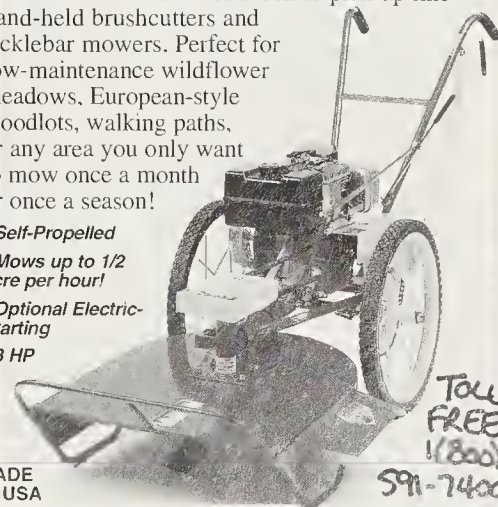
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For browsing and burgers, set your sights on Chatham County

If you're interested in antiques and collectibles, chances are you would thoroughly enjoy wandering through the various shops that dot the map of Chatham County.

My wife and I can easily make the run from Raleigh to Pittsboro in less than an hour, but the travel time depends a lot on where the highway construction crews are working along U.S. 64 on a given day.

Once we enter the traffic circle at the imposing old courthouse and turn north, we can settle in for hours of browsing through the shops along Pittsboro's "main drag." Of course, we always make time for lunch on these excursions—and that usually involves a side trip on U.S. 64 to visit our favorite hamburger emporium. As lunchtime approaches, we invariably whip around the courthouse and immediately head west, making the side trip our No. 1 priority. Browsing can wait; we have more important business to attend to in Siler City!

Our first stop is Johnson's, a nondescript brick building that's easy to overlook amid the fast-food clutter along Highway 64. It's about half a block west of Hardee's and directly across the street from Golden Corral.

Inside, you'll find stools lined up along a counter and booths under the windows, with a close-up view of the passing traffic. If you look around, you'll soon see that this is no ordinary diner. The walls are covered with photos of the Johnson family, who have operated the restaurant for more than half a century. Its history is also marked by special 50th Anniversary T-shirts on display behind the counter. One side of the shirt shows the restaurant as it appeared in 1946; the other, as it is today.

Johnson's has become an institution that routinely attracts crowds of locals and travelers. They cluster together by the front door, their hunger pangs growing stronger as they patiently wait for a seat or a take-out order.

The fare includes a selection of sandwiches, but we have no personal experience with those offerings. Our orders never vary: Cheeseburgers with mustard, chili and slaw. They're so good we never consider trying anything else. Throw in some French fries and a couple of Diet Pepsi's, and we are the happiest of happy campers.

When we first began making these forays into Chatham County, I must admit that I had little interest in the browsing part of the trips. But I was always an eager traveling companion for Cynthia as long as Johnson's was on our itinerary! I've never had a better cheeseburger anywhere!

If we are unable to make our schedule match Johnson's serving hours (it's closed on Mondays and the operating hours can vary), there were times when we would make do with basic convenience store nourishment: Nabs and Diet Cokes. Now, we prefer the delicious sandwiches offered by the Pittsboro General Store and Cafe on the southwest corner of the courthouse square.

Other popular lunchtime spots along Hillsboro Street include the Sweet 16 Subs and Sweets and the Scoreboard. Later this year, an old fashioned ice cream parlor is scheduled to open next door to Edwards Antiques and Collectibles, which is at the corner of Hillsboro Street and Salisbury Street.

That shop is where we always begin our browsing, no matter where we have lunch. It's in a new location after operating for many years in an old house half a block north.

The shop's wares appealed to us the first time we stopped there about 10 years ago, and browsing soon gave way to buying. Since then, we've become regular customers and gotten to know the owners, Cindy and Tommy Edwards.

Although they live in Siler City, they've been instrumental in reviving Pittsboro's business district, assisting with various community projects, including the restoration of the courthouse. In recent years, they also started two cooperative antiques/collectible shops with other dealers nearby. One is known as 52 Hillsboro Street, and you can guess where it's located. The second is a new shop at 178 Hillsboro Street, where the Edwards' store was in residence until a few months ago. It now operates as the Thompson House.

Other shops on Hillsboro Street include Beggars and Choosers, Chelsea Square and Goodnight, Gracie, where the window signs says you'll find "iron beds and other obscure objects of desire."

If you have time for more browsing in this vein, you can swing by Fields Antique Shoppe a few blocks west on Highway 64 and, a few miles farther out, you'll find Wildwood Antiques.

About three miles north of Siler City on Siler Mill Road is a shop offering "four buildings filled with treasures," according to its ads. It's called the The Granary Antiques. From there, you're within easy striking distance of several shops in Goldston,

which is about 15 miles south of Highway 64 at the intersection of Highway 901 and U.S. 421.

Should you end up in that area in the late afternoon on Friday or Saturday, you can get a fine meal of buffet style "country cookin'" at The Old Place in Bonlee. It's open both days from 4 to 9 p.m. and on Sunday from 11 a.m. to 8 p.m.

Other Chatham County attractions include the historical museum in the courthouse, which is open Fridays from 10 a.m. to 2 p.m. or by appointment [call (919) 542-3603]; and the shops of Fearington Village on 15-501 between Pittsboro and Chapel Hill, where gourmet dining is available at the famed Fearington House restaurant. Lunch and dinner are also served at Fearington's Market and Cafe. If you like books, be sure to set aside time to linger over the collection at McIntyre's book store.

If you want more information about Chatham County attractions, send a self-addressed, stamped envelope to Cindy and Tommy Edwards, P. O. Box 364, Pittsboro, NC 27312. Or you can call them at (919) 542-5649 during business hours: Monday through Saturday from 10:30 a.m. to 5 p.m. and Sunday from 1 to 5 p.m.

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MILITARY RETIREES. Champus Supplement. Will pay the 25% allowed plus 100% of all excess charges. Brochure 1-800-627-2824 Ext. 490.

Help Wanted

ASSEMBLE CRAFT PRODUCTS at home! Great Extra Income! Guaranteed! Call 1-800-377-6000, Ext., 8820.

Health

INSULIN DEPENDENT DIABETIC? Did You know that Medicare Part "B" will cover your glucose testing supplies? For further information call: C&A Medical, (334)-928-2836. We look forward to being of assistance.

For Sale

WATKINS PRODUCTS CATALOG. Order Direct. Hixie Wheeler 3141 Bruce Garner Road, Creedmoor, NC 27522.

CALL SAWMILL EXCHANGE TO BUY/SELL used portable sawmills (Wood-Mizer, TimberKing, etc.). Also, "Portable Sawmill Encyclopedia", only \$14.95! (205)-969-3963, <http://www.sawmill-exchange.com>.

HOPE CHESTS. Cedar, Oak, Walnut, Maple, Cherry. R&C Woodworking, Staley, NC (910) 622-2576.

1986 23' CHRIS CRAFT SCORPION 230 CUDDY, Mercruiser, I/O 260 HP, Fast. 50+ mpr Trailer included. Best Offer (704) 843-7004.

YOU WANT IT, WE'VE GOT IT! Hundreds of items for everybody. \$15 coupon gets you started. Send \$6.00 for catalog. Hyenmark, Dept. CC, 8323 Shady Spring Drive, Gaithersburg, MD 20877.

QUICK FROZEN STRAWBERRY DESSERT GREAT FOR SUMMER! Send \$3.00 & SASE to PMG, PO Box 115, Rolesville, NC 27571-0115.

Safety

SOUND IS YOUR FIRST DEFENSE AGAINST CRIME!! With a 130 ad Personal Alarm (loud as eight 100-decibel alarms), you can draw attention to any crisis. Carry in purse or on belt. Accessory included converts into portable door/window alarm. Don't wait until it's too late! Keep Safe and send \$12.95 +\$2.5 S&H to Product management Group, PO Box 115, Rolesville, NC 27571-0115.

ATTENTION SENIOR HOMEOWNERS

The United States Department of Housing and Urban Development has a mortgage loan program tailored to the needs of seniors.

This new benefit allows you to receive cash advances from the equity in your home to use for any purpose, with no repayment required, as long as you maintain your home as your primary residence.

There are minimal out-of-pocket expenses required to get into the program, and you will receive consumer education from a HUD-approved non-profit counseling agency.

Call the the local HUD/FHA approved lender listed below for more information.



Wendover

(910) 605-2630

(800) 568-9109





JIM'S FRESH STRAWBERRY PIE

Submitted by James Parris, Maury

1 9-inch unbaked pie crust
(frozen or homemade)
2 cups fresh, very ripe
strawberries, mashed
3 teaspoons cornstarch

1 cup granulated sugar
2 cups whole fresh straw-
berries
Whipped cream topping



Pre-heat oven at 350° to bake pie crust. In a large sauce pan, mix sugar and cornstarch, add mashed strawberries and cook slowly for 10 minutes until thickened. Pour into the pre-baked crust and chill until fully set. Top with whipped cream topping and garnish top with whole strawberries.

Support your local grower.

Want to share recipes?

If you would like to share a recipe with Carolina Kitchen, send it to Recipes, Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

We pay \$5 for recipes we publish and present each monthly winner a set of 50 recipe cards featuring a reprint of the published recipe.

HOMEOWNER LOANS

WHEN BANKS SAY NO . . . WE SAY, YES!!!

1ST MORTGAGES

	360 Months	180 Months
<u>Amount</u>	<u>*8.375%</u>	<u>*7.875%</u>
\$50,000	\$380.04	\$474.22
\$75,000	\$570.05	\$711.34
\$100,000	\$760.07	\$948.45
APR	*8.68%	*8.29%

CREATIVE PROGRAMS AVAILABLE

*No Application
Fee*

*Quick
Approvals*

Fast Closings



EQUITY LOANS

DEBT CONSOLIDATION

	<u>Payment</u>	<u>Balance</u>
Auto	\$291.00	\$13,000
Mastercard	\$120.00	\$3,200
Visa	\$190.00	\$4,500
<u>Medical</u>	<u>\$200.00</u>	<u>\$3,000</u>
Total	\$801.00	\$23,700
Your old monthly payment		\$801.00
<u>Your new monthly payment</u>		<u>\$254.53</u>
<u>\$\$\$ You Save Monthly \$\$\$</u>		<u>\$546.47</u>
\$6,557.64/ yearly savings		

Pre-Qualify by Phone

Based on \$25,000 Loan/180 Months/*8.99%/APR 9.45%*

FEDERATED MORTGAGE, INC.

(800) 466-1635 or (800) 854-2336

- Effective 4/1/97
- Rates subject to change and qualification
- APR may vary

Fixed Rates

You can afford your own pool!

At Neptune Pools, we believe a quality pool should be within everyone's budget!



Pools From \$695*

*(Includes deck, steps,
filter & liner)*

Extended By Pop-
ular Demand
1/2 price
installation!
Exp. May 31, 1997

Plus, you'll also receive a FREE Polaris automatic pool vacuum when you purchase an aluminum pool. So, call today for a free yard survey and information on all our pools and decks. And leave your summer vacation planning to us!



- Financing available
- Full installation and service department
- Standard and custom decks

Call 1-800-323-7946

*Hours: Monday - Saturday 9am - 9pm
Installation and yard survey available in most areas -
call to see if your homesite qualifies!*

NEPTUNE POOLS, Inc.



*Serving the Southeast with quality pools for
over a decade!*

**12'x24' oval (not pictured)*

FREE BONUS ITEMS
SEE ORDER FORM FOR DETAILS



50 TULIP BULBS

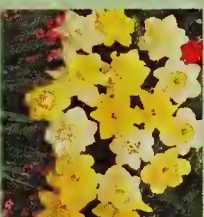
FOR \$2.99 ONLY

100/\$5.88
200/\$11.48
Bloom Year After Year Without Replanting!

This fantastically low-priced offer features healthy, hardy, planting stock bulbs (2-1/4" - 3" circ.). 50 for only \$2.99, 100 for \$5.88, or order 200 for \$11.48 and really save! You get a beautiful, flaming mix assortment of reds, whites, yellows, two tones, pinks and dark shades . . . guaranteed to please. Order now to take advantage of these low, low prices and we'll ship you your bulbs at the proper planting time this Fall.

Tulips are so popular, of course, because they bloom year after year without replanting. Given proper soil, care and with normal growing conditions, these bulbs will develop into larger size bulbs after the first year's planting. We guarantee it. In fact, we guarantee many blooms next spring and normal bloom the second season or replacement is free. Easy planting instructions are included.

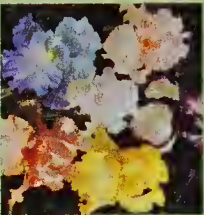
MORE LOW-PRICED PRE-SEASON PLANTING BARGAINS



DAFFODILS

You get a glorious mixture of yellows, whites and bicolors. U.S. grown Narcissus are easy to grow and return every year without lifting or replanting. Perfect in rock gardens, or naturalized on a hillside or under a tree.

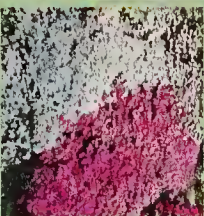
10 for \$2.99



RAINBOW IRIS

Tall and stately, versatile, carefree, and beautiful beyond compare, you can enjoy these irises in a rainbow of mixed colors year without lifting or replanting. Perfect in rock gardens, or naturalized on a hillside or under a tree.

10 for \$9.99



CREeping PHLOX

Covers the ground with dense green foliage and brilliant mixed-color blooms that choke out weeds and return every year without replanting. Year-old plants.

12 for \$4.99



LILIES FOR NATURALIZING

Colorful, carefree hybrid dense green foliage and brilliant mixed-color blooms that choke out weeds and return every year without replanting. Year-old plants.

10 for \$7.99



150-PIECE BULB GARDEN

Imagine colors bursting into bloom at the hint of spring and blooming through the first days of summer! A dozen of the most beautiful spring bloomers - 150 bulbs in all - are available in this fantastic garden. Each bulb is guaranteed to bring spring after spring of glorious color to your yard. You'll get Tulips, Dutch Irises, Mixed Daffodils, Anemones, Hyacinths, and more! Plant now and enjoy a rainbow of color next spring. A \$25.00 value.

1 Garden \$9.95

35-PIECE PERENNIAL GARDEN

Our experts have done the work for you! They've selected the best and brightest to give you a garden that blooms faithfully every season without replanting! This all-in-one garden boasts 5 each of 7 beautiful perennials. Our choice may include Anemones, Carnations, Veronica, Alyssum, Coreopsis, Hollyhocks, Shasta Daisy, Dianthus, Gaillardia and more! 1-year-old plants.

1 Garden \$12.95



SEND NO MONEY NOW!

Use your credit card to order now and pay nothing until we ship your order for planting this fall.

MICHIGAN
B A I B G O

1950 WALDORF, N.W.
GRAND RAPIDS, MI 49550 TG 3113 A6

YES!

Please send my order as indicated for fall delivery. Include all FREE bonus items to which I am entitled. If I'm not completely satisfied, I may return my order within 15 days for a full refund or replacement, my choice.

Please Print

MR.
MRS.
MISS

ADDRESS _____

CITY _____

STATE _____ ZIP _____

HOW MANY	ITEM NO.	ITEM	COST
	10637	Tulip Bulbs (50/\$2.99 - 100/\$5.88 - 200/\$11.48)	
	06601	Daffodils (10 for \$2.99 - 20 for \$5.78)	
	13698	Rainbow Iris (10 for \$9.99 - 20 for \$18.98)	
	02717	Creeping Phlox (12/\$4.99 - 24/\$8.98 - 48/\$16.96)	
	05033	Lilies for Naturalizing (10/\$7.99 - 20/\$13.98)	
	21246	150-pc. Bulb Garden (1/\$9.95 - 2/\$18.90)	
	19521	35-pc. Perennial Garden (1/\$12.95 - 2/\$22.90)	
6	FREE	Grape Hyacinths with any order.	0.00
6	FREE	Alpine Rosy Bells if order totals \$7.00.	0.00
6	FREE	Sunny Twinkles (plus 6 Alpine Rosy Bells), if order totals \$10.00.	0.00
8	FREE	Glory of the Snow (plus 6 Alpine Rosy Bells and 6 Sunny Twinkles) if order totals \$14.00.	0.00

☐ Payment enclosed. ☐ Bill on my credit card below.

Exp. Date _____
MasterCard ☐
VISA ☐
American Express ☐
Discover/NOVUS ☐

Credit Card # _____

Subtotal	Postage & handling	SALES TAX:	Grand Total
\$	1.90	MI add 6% TN add 8.25% MO add 4.25%	\$

MAIL THIS MONEY-SAVING COUPON TODAY!